

PHYSICAL IMMORTALITY



The Science of Everlasting Life
Leonard Orr

Physical Immortality

Leonard Orr

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*The cover is a painting by Babji and reflects the reality of the universe
as he sees it. When he gave it to me he said that meditating on this
painting will raise you to heaven.*

—Leonard Orr

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Table of Contents

	Introduction	6
	Preface	8
I	Physical Immortality: The Science of Everlasting Life	9
II	Rebirthing—Maha Yoga	11
	Introduction to Chapter III	24
III	Babaji, Immortal Yogi Master	27
	Tiru-Jnana Sambandhar—Stories of Indian Saints	38
IV	Basic Philosophy	48
V	Physical Immortality: Aging and Youthing	53
VI	More on Spiritual Purification	55
VII	Prophecies	61
VIII	Overpopulation	67
IX	How To Put Death To Death!	71
X	Conclusion	76

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1980 Preface

The idea of physical immortality gives people an opportunity to unravel their death urge and free themselves from the tyranny of deathist mentality. The ignorance of physical immortality leaves people in the prison of misery, self-destructiveness, fear, failure, and insecurity that causes illness and pain, violence and war, power struggles, impotence and cruelty, human degradation and death itself. The philosophy of physical immortality unshackles the human imagination, gives access to enormous reserves of energy and creativity, creates a motive for patience and simplicity and is itself a test of love and intelligence.

Conquering death is the basic intelligence test in the physical universe. Physical immortality is the first step in any practical spiritual enlightenment.

The study of physical immortality is nonsense without spiritual purification that produces body mastery and happiness. From my experience, freedom of thinking and feeling, intuitive breathing, bathing, exercises, nature and material things are the ultimate and basic techniques of spiritual purification. Relationships with other people based on truth, simplicity and love are the substance of spiritual community.

The easiest and most neglected spiritual purification technique is breathing. Since it is so neglected in the Western world especially, it delivers tremendous power in the beginning of its practice.

Spiritual breathing is real and physical. Because of this, I decided to put the chapter on breathing at the front of the book. Spiritual scientific breathing is a simple intuitive breathing rhythm in which the inhale is connected to the exhale in a relaxed continuous circle. This circle of breath brings about a physiological experience of infinite being. Merging the inhale with the exhale fills the human body with pure life energy which cleans the body systems and nourishes the body with health and vitality.

Most of my ideas about the philosophy of physical immortality and the psychology of unraveling the death urge, I received directly from the spirit. My basic concepts about body mastery also came from the spirit, but most of my ideas about body mastery came from Babaji. He has also probably influenced all my ideas in this life, as well as previous lives more than I realize. To meet Babaji and be taught by him is the direct route. Even simply fasting didn't appeal to me until I met him. Since, I've tried many ideas that he suggested and have been rewarded with immense spiritual and material riches.

The book was written over a period of thirteen years, and you will be able to trace the historical development of my thinking. Have fun! If you get the message, it will produce value for you now and for a long, long time.

Your eternal friend,

A handwritten signature in blue ink, appearing to read "Leonard Orr".

Leonard Orr

P.S. If this book seems too serious to you, it is because you are too serious about the subject. The purpose is to expand your truth, simplicity and love.

Introduction

This book is not for weak-minded people. It is for brave-minded people who love themselves, who love life, and who love other people. This book is for good people who are willing to purify themselves and keep purifying themselves. To purify yourself means to keep your love so pure that it keeps you practicing the truth in all your relationships. The love that produces physical immortality is eternal patience. This love has infinite kindness. This love must include infinite mercy and forgiveness. This love must also contain an intelligent discipline and much wisdom. Physical immortality is a social experience that includes everyone on earth. Loving your neighbor cannot be a superficial thing. It has to be more than words. Love is a gentle power, but it is very powerful.

Life on earth is not for weak-minded people. Let's face it. All weak-minded people in the past have died. And all people who thought they were strong-minded, but weren't, also died. But many people have acquired enough integrity to achieve the eternal life of their spirit, mind and body.

The truth is that physical immortality without body mastery is just foolishness — almost. I say almost because it is as valuable to talk about as any other idea. But obviously, talk without spiritual integrity is cheap. Without body mastery, this talk may lead to physical immortality in

your next lifetime. On the other hand, even if it produces body and mind mastery in your tenth lifetime after this one, it may be worthwhile to work on in this one. There is no body mastery without healthy emotions. Perhaps you have already been working toward physical immortality in several previous lifetimes already. Perhaps you will achieve it in this life easily. It is worth a try.

Your physical body is your most valuable material possession. Your body is more valuable than money, gold, businesses, real estate or stocks. Without a body, everything material becomes instantly valueless, except to your friends and relatives. I have wondered, in the light of this obvious, simple fact, why people treat their bodies with less respect than they do their money and even their clothes. Most people spend more money, time and work cleaning their clothes than they do on cleaning their mind and body. It is no wonder why death has become so popular.

This book will enlighten you. The truth can cause temporary disturbance. It is the disturbance and confusion of giving up your false beliefs and lies about how life works. It is the disturbance that heals. Once your mind and body is centered on the truth, you have permanent peace and health. The universe is full of serenity. If you have not seen it, it is because you have always been disturbed. A

mind based upon falsehood can never have deep abiding peace. These ideas can only upset you if you have not mastered them already.

This book is a list for you. It is a real test. The teacher and judge is life itself. The teacher and judge is you. There is no escape. You cannot escape your own thoughts about yourself, but you can change them. If God and the universe did not love you more than you love yourself, you probably would not be here. The fact that you are here and reading this now is overwhelming proof that God and the universe love you. It is time to face reality — reality loves you!

The philosophy of physical immortality believed will produce death. That is, believed rather than practiced. Believed is past; everlasting life is an eternal daily consciousness. It is not something you did, but something you do. As a belief system, it is the fruit of the Tree of Knowledge, like all beliefs. It is not to be eaten. But it is to be thought about to free the mind from deathist beliefs. The mind is not alive and free as long as it is imprisoned by one belief or another. One belief helps free the mind from another. Eternal life is a mind that is beyond beliefs and is fed by an ever-present intuitive, divine connection to the common sense wisdom of life itself.

Physical immortality as a doctrine can never work.

Physical immortality as a conscious connection to the Tree of Life is natural. Maha samadhi as a doctrine is an evil form of deathist mentality. Physical immortality as a living philosophy is the only cause you can't die for. Physical immortality as a belief system could cause one person to murder another out of fear and false righteousness. You can never achieve immortality, you can only practice it. You can only be it and live it.

Physical immortality is not something you get or keep, or defend or protect, it is something that you can only enjoy as long as you live it. But eternal life is natural. Physical death is not virtuous. Death is not beautiful. Eternal life is beautiful and body mastery is virtuous. Immortalist philosophy must be living dynamic, flexible and growing in order to work. Eternal life lasts forever; it can never be achieved. It always was, is now, and ever shall be. You can only be in harmony with it. The truth is you are always in harmony with it. But you can think you are not and this thought can cause you to destroy your body.

Nothing is more pathetic than people who believe in physical immortality and their aging and dying body reveals that they are kidding themselves.

Either your body is

dying or it is living and getting healthier. Or it is doing both in the process of cleansing and purification. When you release your aging programs that you absorbed from parents, it feels and looks like you are dying, but the opposite is true. It is only an appearance. The truth is you are letting go of decay and death. Let aging programs manifest, know they can't hurt or kill you and youthing proceeds naturally and spontaneously. You feel great. The decrepitude washes out; health, aliveness and youthfulness spring up on the middle of aging symptoms.

Physical immortality has a tendency to make people good. It has a tendency to cause people to be realistic and intuitive. It fosters the divinity in people and their aliveness. It rewards excellence with life — richer and fuller. It motivates people to be practical. But it is only a tendency. No one belief causes virtue. Love is beyond beliefs, and philosophy. Life has survived all beliefs and doctrines.

After you have absorbed the basic ideas of physical immortality, then it becomes ordinary and taken for granted. Then there is nothing to do but go on about the process of living and enjoying life. When you have absorbed the philosophy of physical immortality, it works for you whether you are thinking of

it or not. You can forget about it and if you get off course, the physical universe will wake you up.

The philosophy of physical immortality strips the mind of all kinds of fears and miseries. It permits love and divine energy to express themselves more fully in your personality. Therefore, even if you don't realize physical immortality, the philosophy is a wholesome group of ideas to work with and think about.

To have a spirit, mind and body is as good as you can get. The difference between one person and another is primarily in the quality of ideas they have thought about. Physical immortality philosophy is a good collection of ideas, but as long as a person has spirit, mind and body together, they are practicing the truth. Ideas can come and go; but while they are in the mind, they have the power to produce results in the body. The body is totally obedient to all the ideas in the mind. The thoughts that are thought habitually and become dominant have the greatest power to control the body.

When deathist, mortal thoughts dominate the mind, a person thinks of suicide or they produce sickness and misery. When immortal, eternal and pure thoughts dominate the mind, a person thinks of victory, of happiness and of pleasure. Thoughts of everlasting life produce health.

In sharing these ideas

with you, I am declaring my willingness to live forever on this planet with you. This is the highest honor and commitment of love that I can give to you. I am willing to share all I know that will help you to achieve body and mind mastery. This offer is good until one of us, you or I, learns the art of transfiguration, the ability to dematerialize and rematerialize.

Our bodies, like Jesus and Babaji, can do it. May life become more popular than death in the 1980's.

In truth, simplicity and love,



Leonard Orr

1980

Preface

Although physical death has been popular in the human race for a long time it seems to be passing away. In fact, fifty percent of everyone who is alive today in 1975 may live forever in ever-increasing health, youthfulness and full self-expression and mastery through the physical body. You and I may achieve physical immortality. Maybe we already have, but you just don't know it yet.

These high hopes have traditionally been reserved for spiritual masters, but today everyone is becoming a spiritual master. You may have several neighbors who are already immortal masters, but you just haven't noticed. If you don't watch out, you might become a master before you are ready or willing to give yourself credit for it.

It is obvious to me that physical immortality, perpetual longevity, eternal life in your living flesh is now a practical possibility. It is catching on and if you don't make it, you may be cheating yourself of a lot of aliveness.

Not only is it a practical possibility but it produces practical results. I do personal consulting with businessmen. When you release your loyalty to death, success becomes more effortless. I've had many clients double their income because of the ideas in this book. Others have healed chronic illnesses — all healing is temporary until you heal death. Other clients were pleased to discover that giving and receiving love is easier when they stopped killing themselves and each other. If you are dying — you are unconsciously contributing to the death of everyone around you.

Somewhere in this book you will be transformed by it, if you have not already been by your friends who have read it. The transformation from mortality to immortality is easier than you think. Perpetual longevity is natural, death is unnatural. This is why it takes so much effort to die — most people exert so much effort that it causes illness and pain.

Physical immortality permits you to relax and enjoy life. It gives you time to succeed in life and achieve health and happiness. It allows life to support you and love you.

Dying may be popular today but it might be unpopular tomorrow. You may feel funny or strange thinking that you are immortal or fear that other people will think you are weird. But you'll feel worse if your immortal friends say goodbye to you at your funeral and think of you as an ignorant fool because you didn't make it. You now have more immortal friends than you realize. I think this book will make you conscious enough to recognize them.

Your friend for life,



Leonard Orr
January 1975

Chapter I

Physical Immortality

The Science of Everlasting Life

A beginning statement: There is no end to it!
It takes a lifetime to be immortal.

(1981)

When I started thinking about physical immortality in the early sixties, it was not socially acceptable. But today 20 years later in the 1980's, some people are more willing to listen, some people are even interested in such a weird idea, and some people are not only ready for the idea, but have been waiting for it and looking for it. This change in human consciousness is a manifestation of what I believe is the strength and wisdom of the average human soul.

The average person has evolved consciously or unconsciously to the point where they are no longer willing to allow their divinity to be suppressed by a religious inferiority complex that is founded in deist mentality. People are realizing in larger and larger numbers that the purpose of all scriptures is to teach us how death was created in human history, how to get rid of it, and the practical realization of eternal life.

The Bible says, "God hath put eternity into the heart of man." It is springing up all over. The self-esteem of the average person in the masses of humanity is no longer to be subjected by a theology that makes them into worms. The grave is losing its popularity as an object of worship. "Death is a grave mistake!"

People who embrace the philosophy of physical immortality readily and are attracted by eternal life wonder why everyone doesn't like the idea. There are a few basic objections:

1. The misery objection: "I am miserable now, why would I want to be miserable longer?" This brings the realization that the goal of eternal life is not perpetual longevity, but the present time quality of personal existence in spirit, mind and body. "Aliveness produces more aliveness, death produces more death and misery." To the extent that people realize their personal divine energy and love, everlasting life becomes more attractive than personal extinction.

2. The anger objection: The anger objection is really a part of misery. "I'd rather kill myself to get even with all the people who have mistreated me than live forever." This is obviously a self-defeating attitude. "I now experience so much success and satisfaction that I no longer care about getting even," is the cure. And, "I now receive so much love that it is O.K. with me if everyone on earth gets enough love." Spiritual victory

feels much better than revenge. Spiritual victory is the only revenge against evil that works. Spiritual victory is the personal mastery of truth, simplicity and love.

3. Religious inferiority complex objection: "I'm not good enough. To achieve eternal life, I'd have to be as good as Jesus Christ and I can never make it." The idea that Jesus was the only person who conquered death and that no one else can is a lie. He was not even the first one in the Bible to conquer death. Enoch and Elijah in the Old Testament did. Thousands of others not mentioned did. And sad, but true for the superiority of Christianity, in India, conquering death has been done in every century since before the Bible was written until today. India has many thousands, if not millions of simple yogi masters who did everything Jesus did, including the victory over death. These facts will be explored in greater detail in later chapters.

4. The overpopulation objection. "If everyone lives forever, where will we put them?" Obviously, there is room for everyone now, but we will have to start using our reproductive powers more responsibly. Death, plagues, wars, natural disasters have not solved the population problem and never will without consciousness and spiritual enlightenment. The widespread acceptance of the idea of physical immortality is a very strong motivation to control population and all ecological problems.

Living on this earth forever is a strong motivation to be responsible for your human, social, political, religious, and natural environment. Physical immortality may be the beginning of genuine religion, not the reward. Religions selling death and "pie in the sky by and by" have not created heaven on earth. They probably never will. War is caused by mortals, not immortals. Sickness and disaster are caused by mortal mentality. Finding eternal life in the human heart is the source of health in the mind and body.

It obviously takes more than a superficial belief system in physical immortality to achieve it. Believing it has been rare in human history and some of the people who believed in it and even wrote books about "How to live forever," didn't make it. They died and are buried. Believing simply is not enough, but it is essential. "Faith without works is dead." Your philosophy of physical

immortality must be complemented with a personal technology of spiritual purification.

There are three steps to the science of everlasting life.

1. The philosophy of physical immortality. The belief that death is inevitable will kill you if nothing else does. But the truth is that your spirit is already eternal, you only have to move your mind and body into harmony with your eternal spirit.

2. The psychology of physical immortality. Unless your parents are already immortal, you have probably inherited a death urge. This personal death urge will kill you if you don't kill it. You kill it by unraveling your negative thoughts and feelings about life one at a time. Death has no power except what you give to it in your own mind. Nobody can kill you but you. No one can kill you without your consent. Life is stronger than death. Your love is stronger than evil.

3. The physiology of physical immortality. It is obviously necessary to have a practical mastery of the physical body. In the West, a wonderful series of body techniques has evolved to make body mastery easy. These will be discussed in later chapters. Breath mastery, mastery of food, sleep and physical pleasure are basic common denominators. But the truth is, it is easier than you think. "People have made spiritual mastery so difficult, even God couldn't make it." But God has constructed man and woman so that eternal life is simple and natural. In the East, Yogic sciences have many ways of mastering the human body.

Ultimately, the human body is an energy system. I am convinced that people can dematerialize and rematerialize the human form by mastering the nature of the body as light. It is possible to go to heaven and back and take your body with you. Analee Skarin says, "Death is the dreary back door into the other world, but there is a great front door of glory for those who overcome." The door between heaven and earth can swing both ways for people who are realizing their divine potential. It is becoming more common to achieve this level of humanity. It may even happen to you without you realizing it, but a little help from you doesn't hurt.

You are already immortal, until you prove otherwise. Dying is more difficult than living. The following affirmation has saved thousands of people from death. I recom-

mend that you memorize it and master it through meditation. Mastering this affirmation now is like having your own personal guardian angel to protect you. Thoughts are angels.

I am alive now; therefore my life urges are stronger than my death urges. As long as I strengthen my life urges and weaken my death urges, I will go on living in increasing health and youthfulness.

The audience for these ideas has inspired this "magazine book." This volume is the beginning of an attempt to collect and distribute the best ideas on this subject regularly. We intend to keep the best of these ideas in print until heaven on earth is a practical reality. This is a new age product. My desire is to serve people. I've given a lot of thought to distribution and marketing of good literature. It is mostly sold by word of mouth.

I decided to publish this in a form that can be easily copied. Although this publication is copyrighted, I hereby give you permission to copy or publish this work on the following two conditions:

1. If you print them and give them away at cost, I expect you to mail me at least ten percent of the printing cost as my royalty. I believe that I deserve to be paid for my divine wisdom as much as the printer. This also applies if you are selling them at cost. Just add the royalty to your printing cost.

2. If you would like to sell this work at a profit, you are welcome to do so providing that you mail ten per cent of your gross sales to me on the first of every month. I trust your integrity and love. To achieve eternal life requires absolute integrity in your relationship to the material universe.

Please mail these royalties to Leonard Orr and send them to Box 234, Sierraville, CA 96126. Phones: 916-994-8984, 994-3677 or 994-3515.

There are at least a million people in the United States who consider themselves to be immortalists, if not immortals. Look around you. It's always a pleasant surprise to discover how enlightened your friends are already when you become enlightened.

For a list of persons, organizations, and sources of information and help, look in other chapters of this book or write to me.

* * *

Chapter II

Rebirthing — Maha Yoga

Spiritual Breathing

(1977 - 1980)

Rebirthing as the Maha Yoga is the direct intuitive experience of God through the human breath. Connecting the inhale to the exhale in a relaxed rhythm brings about an awareness of a direct mental perception of spirit, and emotional feeling of spirit, and a physical sensation of the actual life energy, which is Almighty God flowing through the flesh.

As new yoga, rebirthing is not a discipline, it is an inspiration. It is not teaching a person how to breathe, it is the intuitive and gentle act of learning how to breathe from the breath itself. It is connecting the inhale with the exhale in a relaxed, intuitive rhythm until the inner breath, which is the Spirit and source of breath itself is merged with air — the outer breath. Rebirthing merges spirit and matter in a simple, scientific method of spiritual breathing that is definitely one of the highest and most direct forms of Yoga-science of life or union with God.

A rebirther is a breathing guide who has practiced enough to initiate another person into this awareness. It normally takes a rebirther about five or ten minutes to guide a person into a rhythm that is free and relaxed enough to perceive God in mind and body; but once this connection is made, it is desirable to surrender to the Spirit of the human breath until a completed energy cycle is experienced which normally takes approximately one hour or more for beginners.

This rebirthing session may contain dramatic emotional or physical changes that may frighten the beginner. These changes are sometimes labeled by the medical community as the hyperventilation syndrome. Actually, spirit is cleaning, balancing, and nourishing the human mind and body. These changes in the human aura — the mind — can be photographed by Kirlian photography. The physical changes can be measured by the analysis of the air in the breath and the blood chemistry. The rebirthree normally experiences a profound sense of inner cleanliness and divine feelings of love and serenity.

Rebirthing is very fast and very deep. The Breath of Life is, always will be, and always has been, one of the simplest, most direct and powerful methods of spiritual purification. Merely connecting the inhale to the exhale in a relaxed rhythm is the great secret to appropriating the Almighty Breath of Life, in a practical way. If God had not

made it easy, no one would ever make it.

The Breath of Life can send mind and body on a trip through the Cosmos. Rebirthing has been called instant spiritual enlightenment and cosmic consciousness.

Before I met Babaji in the flesh, I had figured out that breathing, in cooperation with the mind, was the key to the health of the body and mind. I had concluded that the Breath of Life could be the "Fountain of Youth" and, therefore, the key to the eternal life of the body as well as the mind. Since Babaji has mastered the eternal life of the spirit, mind and body, his body, though thousands of years old, has the appearance and integrity of a young man.

So, one day in January, 1978, I mustered enough courage to test my conclusions with Babaji. It took courage on my part, because if anyone on earth could invalidate my cherished logic, it would be him. I had tested my ideas upon thousands of the world's greatest minds, but he was the first genuine immortal I had met.

To me, the confirmation of my ideas, from an actual immortal, was a big deal. But to him, I concluded, it has been simple and obvious for thousands of years. To him, it was a stupid question.

In calling rebirthing the New Yoga, Babaji honored an American as the discoverer and teacher of the spirit and simplicity of Indian tradition and culture. This acknowledgement at once pleased and humbled me. I had hunted the world over for a person who understood what I was doing. Here, in Babaji, I finally found a man who appreciated my work. But, in so seeing me, he demonstrated himself to be so much greater than I, that I felt honored and insignificant at the same time.

The paradox of spiritual wisdom is that, while it is self validating, it is irrelevant, unless it is shared with the masses of mankind. The highest of wisdom and power is insignificant, unless it is also common and ordinary. God is so ordinary that nobody notices Him.

Some people might think that one session will do it. Unraveling the birth death cycle through total breath mastery has the power to produce *mahamritenjaya* (supreme victory over death).

Baba never told me anything about the how of rebirthing, or where I learned it, or anything. Probably because he did not want to destroy the fun of my delusion that I discovered it myself.

Rebirthing is intuitive. To discover rebirthing is to discover God. But since God is one, it is possible for one person to lead another into the intuitive perception of God in the breath. Perceiving God in our own breath makes it easy to see God everywhere, and all the time, since we breathe most of the time. It is easy to see God in other people's breath and to help them perceive God in their own breath.

But rebirthing also involves being the master of your total consciousness, and filling total mind and body with light and aliveness — new life. It involves unraveling the birth-death cycle, which includes freedom from the parental disapproval syndrome, unpleasant emotions from this, and previous lives. It involves the conscious use of the powerful human breath, for the eternal aliveness, health, and success of spirit, mind and body. Therefore, rebirthing involves all the methods of spiritual purification.

Rebirthing is an American form of prana yoga that is closest to Kriya Yoga. It may be called scientific breathing rhythm or spiritual breathing. Simply described, it is a relaxed, intuitive, connected breathing rhythm, in which the inhale is connected to the exhale, and the inner breath is merged with the outer breath. This merging of pure life energy with air sends vibrations through the nervous system and circulatory system cleaning the body, the human aura, and nourishes and balances human mind and body.

Rebirthing is something special. It is the power of God for the salvation of the body and cleaning of the mind. Rebirthing is a method of spiritual breathing which in just a few minutes produces the most profound religious experience.

Kriya yoga was a 19th century form, dispensing this power of breath in a tight set of disciplinary practices, for the purposes of protecting people from the dramatic physiological and emotional changes that the power produces in human personalities, as it purifies. But today, these elaborate protections and disciplines are no longer appropriate. Today in the United States, average people go to the hospital daily, in the middle of these physical and emotional changes. These changes are generally called the hyperventilation syndrome. I believe that the increase in spontaneous hyperventilation cases is caused by the intensity of truth and light, of the widespread spiritual evolution and enlightenment of our culture.

When aware, nothing can happen to you but healings, and development of strengths.

Physical immortality and total liberation. Physical immortality is necessary for modern sanity and divinity.

The doctrine of Physical Immortality is the perfect religion, because it permits no hypocrisy. If you die, you are a hypocrite; if you live forever, you can never boast that "I have made it," because forever never comes. It is an eternal religion of a living God.

A God who loves his physical creation and its beauty.

Birth and early childhood frustrations, hostilities and anger can rise to consciousness. It is important to realize that these are psychoanalytical feelings that can be released without violence to oneself, friends, or damage to the environment.

Frustrations are sometimes felt as anger sometimes hopelessness, helplessness, depression, etc. Sometimes boredom, sometimes weakness or tiredness.

"Immortality is given to him or her who unravels the ignorance of their youth."

* * *

The Rebirthing Movement has been built upon a solid foundation of self-sufficient, highly competent, professionals. But now that the foundation is present, it is vitally important that this wonderful, scientific, spiritual, breathing method gets integrated into as many institutions as possible.

Although controversial and divisive religious theologies and rituals sometimes have trouble in schools and colleges, spiritual purification practices basic to human existence like the value of learning how to breathe (which is self evident); watching the sunrise and sunset; moderate simple fasts; daily bathing; talking about practical application of life; the simplicity of survival; health of the body; and singing the Name of God are not controversial practices. Composing a chant that includes all religions represented in the class would be a wonderful exercise in religious culture as well as music.

Spiritual Breathing

Also Known as Rebirthing
and as Conscious Breathing

Rebirth America is the project of having one week of rebirther training every week in every state during 1979.

The Rebirth America Project is a continuous festival of Infinite Being, Infinite Intelligence and Infinite Manifestation.

Thought, Breath, Body, Universe.

Dedicated to the awareness of ordinary people as spiritual masters and expanding the quality of truth, simplicity and love in every segment of American life.

Basic Definition of Rebirthing

Conscious breathing is a simple breathing lesson. The lesson is to connect the inhale to the exhale in a relaxed continuous rhythm for at least one hour per day. It is recommended that people who begin this practice without the personal instruction of a rebirther limit themselves to 20 connected breaths once or twice per day. This recommendation is based upon the possibility of experiencing the hyperventilation syndrome without proper preparation.

Connecting the inhale to the exhale in a relaxed breathing rhythm causes the inner breath to be connected to the outer breath. The inner breath also may be called pure life, spirit, God or infinite being. The outer breath is air and respiratory system. Consciousness of the inner breath is intuition. People who have mastered this simple breathing lesson to the extent of maintaining the connected breathing for an hour a day for 30 consecutive days report that they experience their physical body as a metaphysical body. That is, the human body is felt as an energy system as much as a system of bones and organs.

People who go this far with rebirthing have found that they can heal their organs and their emotions with their minds and their breath easily and efficiently. They report that they have cleared up all or most of their personal symptoms and can prevent illness on the energy level or the mental level before it becomes physical. They also report that they can energize their body at will and perform what they used to call super-human feats with ease as their natural birthright.

Some people master this simple breathing lesson quite easily; other people seem to

have great difficulty. It is common for some people to experience what is called hyperventilation symptoms during one or a few early rebirthing sessions. The basic difference seems to be the quantity and quality of psychoanalytical trauma that a person has accumulated before they begin learning this simple breathing lesson. This trauma might be categorized into four or five basic categories: birth, parental conditioning, death urge, and misuse of the power of the human mind. Some people would add karma from previous lives. This simple breathing practice of connecting the inhale to the exhale one hour a day seems to dissolve the effects of all kinds of psychoanalytical causes. However, the accumulation of trauma and tension since birth gives some people difficulty in mastering this simple breathing lesson. After teaching this simple breathing lesson to over 100,000 people, we have observed that most people need 5 to 20 two-hour lessons to clear the gross accumulated trauma and tension out of their minds and bodies before they can maintain this simple breathing rhythm for one hour without dramatic physiological or emotional changes. Going through what is called the hyperventilation syndrome in one or two sessions is a natural part of the rebirthing process.

The recommended procedure for mastering this breathing lesson is to have from one to twenty sessions with a well-trained rebirther. A well-trained rebirther is a person who has had at least ten to twenty rebirthing sessions and has completed the thirty days of maintaining a connected breathing rhythm at least one hour per day. It is also recommended that this person have completed at least four weeks of training under the auspices of Rebirth International or the Rebirth America Project. Among other things too numerous to mention here, they will be trained in warm and cold water rebirthing.

Valuable preparation and understanding for the rebirth process can be acquired by reading the books *Rebirthing in the New Age* by Ray and Orr, *Autobiography of a Yogi* by Yogananda, and *Taoist Yoga* by Lu K'uan Yu. These books as well as excellent cassette tapes about rebirthing are available from local bookstores or rebirthers.

It is common for people learning this simple breathing lesson to experience in the first few rebirthing sessions what is known as the hyperventilation syndrome. Hyperventilation only happens during a few early sessions until the basic accumulated psychoanalytical trauma is cleared out of the mind and body by the divine energy. When basic psychophysiological trauma is dissolved in one to ten rebirthing sessions, then connected breathing rhythm only produces gentle energy flows. So the goal of the rebirther is to guide people easily through enough completed sessions so they feel confident to use this wonderful breathing process themselves. The phenomenon of the hyperventilation syndrome is disapproved by the medical profession, but it is approved of in religious movements under a variety of names. Christians call it the baptism of fire, the filling of the Holy spirit or the vibrations of spiritual healing. Eastern religions call it kriya yoga, prana yoga, kundalini yoga, elixir of immortality, spiritual breathing or shakti, etc. Other religions have other names for it. Unfortunately, the medical profession still seems to have as much ignorance, fear and superstition about the hyperventilation syndrome as religious people do about the pentecostal experience or kundalini experiences. The most exhaustive studies of the medical profession were done on 200 cases and concluded there is no cure. Rebirthers have observed over 100,000 cases reach a totally successful conclusion. Obviously, the conclusions made by rebirthers are much more scientific than those of the medical profession.

To have people breathe into a paper bag is as scientific as sending people to barbers to be bled or to eat vomit to cure a sick stomach. Exhaling is an excretory function; during hyperventilation a person is blowing off more emotional and physical impurities than usual. To rebreathe this foul air by breathing into a paper bag can make a person ill. It is inhibiting a natural process and just sets the person up for repeats, if not more harmful symptoms.

The truth is that regardless of how dramatic or disturbing the hyperventilation experience is, the person going through it is reaching a high spiritual state of physical and emotional cleanliness.

People who have gone through this spontaneously should not be given the belief that they are sick. Rather they should know that they are above average in a special kind of inner freedom and self-knowledge. People who have had spontaneous hyperventilation experiences should know that trained rebirthers can teach them how to achieve a level of breath mastery that makes the fearful, out-of-control type of hyperventilation experiences obsolete.

At the time of writing this, we realized that there are 1,000 to 2,000 rebirthers in the U.S. But thousands of emergency hos-

pitals treat spontaneous hyperventilations almost every day. So we realized that if doctors, emergency personnel, first aid trainers, airline personnel, and other people who deal with spontaneous cases of hyperventilation were taught the truth about it through their profession, there would instantly be twice as many rebirthers even though they haven't had proper training. However, if they treated hyperventilation as a high spiritual experience instead of a disease, it wouldn't take them long to train themselves.

It is important for the general public to be educated in these facts because as spiritual enlightenment increases, spontaneous hyperventilation cases will increase until breath mastery becomes common enough to be taught in our schools. The Rebirth America Project is an attempt to make this information available to the American Public in a responsible way.

Hyperventilation can be very upsetting for people when they don't understand what they are going through. Inside, it feels like a power from outside has seized the body and is taking it for a joy ride without permission. The fact is that permission was given at birth or whenever the person felt he/she lost control of his/her life. It is also interesting to note that children and teenagers often play with hyperventilation because it produces thrilling or psychedelic effects.

The reason this article has given so much attention to the hyperventilation phenomenon is because it is more popular in our secular society than the religious counterparts. Perhaps science and medicine are the most popular religions of our generation.

The hyperventilation phenomenon is viewed by rebirthers mostly as birth trauma. For example, one of the symptoms is fainting. Rebirthers have rebirthed over a hundred thousand people; most of the people who fainted were found to have been anaesthetized at birth or at some other time in their life. The fainting is caused by the fact that the life energy cycles set in motion by the breathing rhythm actually frees the anaesthesia stored in the body and literally pumps out this foreign substance through the circulatory system and the respiratory system. The hyperventilation syndrome is nothing to fear. It is caused by primal fear. Hyperventilation is a natural healing process by which the breathing mechanism is freed from the inhibitions placed on it while learning to breathe in a tense and fearful atmosphere during birth.

The hundreds of doctors that have mastered this simple breathing lesson and become rebirthers are available to consult with fellow members of their profession about a new way to treat hyperventilation. The essence of this new treatment is to encourage the patient to relax and breathe naturally and spontaneously rather than to

breathe into a bag which only inhibits the natural healing process and causes the patient to become afraid of his or her own breath. It is advisable for the doctor or therapist to sit with the person and to encourage him or her to relax and breathe until the dramatic phenomenon of the hyperventilation syndrome has subsided naturally and has completed itself. Rebirthing is based on the premise that breathing is totally harmless. Breathing itself is only lifegiving and health enriching. Breath-mastery eventually exposes and releases all negative, self-destructive thought patterns and feelings. The breath of life heals mind and emotions as well as body.

Another common dramatic physical manifestation of what is called the hyperventilation syndrome is called tetany by doctors. Ordinary people call this body action cramps, paralysis, tightness, pressure, tingling, vibrating, energy flows, rushes, or "the creeping crud." The theory of rebirthers and ancient yogic science about this phenomenon is that the tingling and vibrating is divine energy cleaning the physical body. The dramatic energy flows only occur when a person's mind is ruled by fear, psychoanalytical or primal fear. Usually, it is the memory of the fear of being born — the emotional memory of contractions. When a person relaxes into this fear feeling and is willing for God to wash the body, the paralysis ceases — sometimes instantly and sometimes through a reasoning process that takes a few minutes. People who have a belief system about hyperventilation or other deep fears may be troubled with cramps and pain or discomfort for a few sessions. But eventually the fear is identified and resolved; then the breathing rhythm can be maintained for one, eight, or twenty-four hours continuously without any undesirable physiological dramas. Rebirthing has cleared up hyperventilation, "kundalini casualties," and many kinds of respiratory difficulties.

This vibrating phenomenon that happens during rebirthing is also referred to as the divine vacuum cleaner that cleans the psychic dirt out of the body. Every single tingle is a negative thought that is dissolving. The vibrating life energy is cleaning negative mental mass and emotional illness out of human consciousness. It is dissolving the evil around the soul; the evil becomes physical so you can feel it and see it. In so far as the fear that causes paralysis is fear of death, the vibrating is dissolving the rigor mortis around the soul. Rebirthing is not to be thought of as a substitute for common sense, normal physical exercise, body work like massage, daily contemplation or meditation, healthy religious practices or other forms of yoga. Love, simplicity and a consciousness of the truth of our personal connection to infinite being, infinite

intelligence and infinite manifestation are the ultimate virtues.

The working definitions rebirthers use for pain are: 1) The effort of clinging to a negative thought. 2) Fear of worsening or fear of irreparable damage. 3) Fear of pleasure. 4) Holding out the healing power. 5) Fear of change or loss. Completing the rebirthing process seems to give people total power over pain and illness.

The cure for pain is to relax into it, tell the truth about it, and breathe it out. Relaxation and pain cannot both exist in the same space and time; therefore, relaxation and breathing always cure pain.

A rebirthing session may be defined as a person maintaining a connected breathing rhythm for one to three hours in the presence of a rebirther until a natural energy cycle is completed. During this session a tingling or vibrating sensation will begin after five to ten minutes of continued breathing rhythm and continue for one to two hours. This vibrating sensation usually gets stronger and stronger until the body is immersed in it and it climaxes in the middle of a session. After this climax or turning point the energy or tingling sensation recedes naturally, and the person being rebirthed feels deep abiding waves of serenity, calmness, and a feeling of inner physical cleanliness that is beyond description. This is the completion of a natural energy cycle. The energy flowing during this rebirthing session frees the body from tensions that were held since birth. Since a person has never before known what it was like to experience his/her mind and body without the familiar tensions and inhibitions caused by birth trauma, releasing the birth trauma creates a state of being that cannot be known through any other means. Rebirthing is not a religion nor an organization; it is a simple breathing lesson that is instantly available to everyone by connecting the inhale to the exhale in a relaxed rhythm.

The purpose of having a rebirther is to maintain a safe, supportive environment and a guide for the person's breathing rhythm until the session is complete. As a result of their experience, rebirthers are also sometimes able to give understanding and intuitive assistance in many valuable forms.

The following suggestions and insights were accumulated by teaching this simple breathing lesson to over 100,000 people.

1. Most people find rebirthing to be loving, interesting, exciting, pleasurable and highly valuable from the very first session.

2. Do twenty connected breaths at least once each day — forever.

3. It is amazing that people in our society can get a college degree and a Ph.D. without learning how to breathe. The rebirthing movement is dedicated to making breath mastery as common as eating and sleeping. Experienced rebirthes report that this simple breathing lesson can bring as much, if not more, pleasure than sex,

drugs, drunkenness, and orthodox religious experiences.

4. People who experience dramatic emotional or physiological changes during their first few rebirthings usually complete them in five to ten sessions with a trained rebirther, but birth trauma insights may occur for many years.

5. It is wise to accompany breathing mastery with a wholesome philosophy of life and the support of friends who are involved in the same process.

6. After the basic thirty hours of daily breathing mastery has been achieved in a safe reclining position, great value can be achieved by practicing connected breathing rhythm in a bath tub filled with warm water as well as a cold mountain stream and other activities like jogging.

7. Mastering the breath of life is the key to spiritual, mental, and physical health. Breath mastery is the ultimate spiritual mastery. In the Bible, breath mastery is called "eating the Tree of Life." In Yoga breath mastery is called Maha Yoga — the supreme science of life. In the Bible meditation is called "the Tree of Knowledge-Thought" — that can produce either good or evil — the mind. The Tree of Life is Life itself or the Breath of Life. Life itself is the source of all thought. Therefore, breath is the source of the mind — breathing is *inspiration* in every sense.

8. The most advanced medical science is like kindergarten compared with the great yogi masters, like Herakhan Baba, who have the ability to manufacture a human body directly out of spirit with their minds. Herakhan Baba's location in India can be reached through a map and directions obtainable by contacting the centers listed in this article.

9. Relaxing on the inhale is the key to relaxing on the exhale. Relaxing so that gravity does the exhaling preserves twice as much energy for the next inhale.

10. Unity of inhale and exhale is the physical experience of the unity of being — oneness with God.

11. Inhale — inspiration — is the secret to a personal connection to infinite intelligence.

12. Breathing causes aliveness; holding is tension causing death.

13. A paradox: the more efficiently you breathe, the less you have to breathe. When the body is filled with life energy, you no longer have to work at filling it.

14. The breath of life can heal all diseases and has. New rebirthes are surprised and pleased when clients heal themselves of "incurable" diseases. Experienced rebirthes have seen so many healings they think of the miraculous as ordinary.

15. Any negative thought can inhibit the breath of life, but negative thoughts about breathing itself inhibit it the most.

16. Increased comfort and joy during labor and delivery is reported by physicians and midwives who have completed the rebirthing process.

17. Increased comfort and joy during pregnancy and childbirth is reported by women who have completed the rebirthing process.

18. A decrease in frequency and severity of attacks has been reported by people with the conditions called asthma, epilepsy, migraines, common cold and many other illnesses considered persistent or difficult.

19. After completing the basic rebirthing process, it is recommended to experience a rebirthing session with a certified rebirther or a rebirther who has completed at least one hundred sessions.

20. After the experience of the body as an energy system becomes a normal part of the physical senses, teleportation, bilocation, and transfiguration (the ability to dematerialize the physical body into light and rematerialize it at will with full consciousness) become a simple matter of meditation and practice.

21. The conscious physiological experience of the human aura is sometimes called the "rainbow bridge" between spirit and matter. "And God breathed into man's nostrils the Breath of Life and man became a living soul." Without the mastery of the breath of life, man is just a hunk of flesh — an animal — totally run and controlled by family traditions like a machine, to be thrown out when it wears out. The original sin is believing that you are separated from God.

22. The death urge can be dissolved forever by consciously choosing the life of spirit, mind, and body, and the practical mastery of one's personal reality.

23. Consciousness of the connection of the inner breath and outer breath is intuition — the source of psychic talents as well as practical wisdom.

24. Rebirthing produces a glorious relationship to the physical universe.

25. The Rebirth America Project may also be called the Heaven on Earth Project. It is an idea whose time has come.

 The reason religions have failed is because their goal has been to reach fulfillment outside the body — through death. They have achieved their goal. The Scriptures call the human body the temple of God. If we don't find God here and now, death won't help! This means that the human body is the only true church. It is only by listening to the sermons in our own body that we can achieve eternal life. In the center of our own consciousness is the spring of life — the fountain of youth. Life is the source of our mind and our mind is the source of our body.

Evil is live spelled backwards. This means that parental conditioning or religious traditions that don't serve our personal aliveness are evil. Only by cleansing our temple of deathist tendencies with the breath of life and filling our minds with wholesome thoughts can we save ourselves. The health of the body is the health of the soul. When our blood and thoughts are pure, we have been saved by the blood of Christ.

26. After 10 or 20 rebirthing sessions and a month of breathing practice, it is wise to seek out a certified rebirther or a person who has been rebirthed 100 times and get rebirthed by them for the purpose of evaluating the quality of your own process.

27. Each human being is responsible for himself and for his own rebirthing process from beginning to forever.

28. Each rebirther is a self-employed, self-reliant, independent professional who is responsible for his or her own client relationships and who operates out of his or her own divine authority. The Rebirth America Project is not responsible for people who claim to be rebirthers.

29. A rebirthers directory is available with names, addresses, and phone numbers of over 700 rebirthers.

During 1979 the Rebirth America Project will have a Rebirthing Center in every state of the U.S. For a list of these centers you may write to: Rebirth America, P.O. Box 234, Sierraville, CA 96126. Telephone: (916) 994-3552 or (916) 994-3424; (916) 994-3318; (916) 994-8984.

30. A rebirther training is a five-day workshop for the purpose of communicating fully a mastery of the breath to people and to train rebirthers. The tuition for the first week of training is \$200. To review the trainings costs a \$100 reviewing fee. Trainers are willing to give full or partial scholarship and work exchanges generously to people who think money is an obstacle. It is best to have one or more rebirthing sessions with a competent rebirther before doing a rebirther training, but not necessary. Everyone who has started his/her rebirthing process in the context of a training has reported that it is a wonderful way to begin.

Additional books are: *Rebirthing in the New Age* by Leonard Orr and Sondra Ray, *I Deserve Love* by Sondra Ray, and *Birth without Violence* by LeBoyer. These books and additional tapes and articles are available from: Rebirth America, P.O. Box 234, Sierraville, CA 96126.

The Rebirthing Profession

Some people who have independent sources of income do their rebirther work without fees. Some rebirthers just do the work and are cared for by the donations of their clients. Some rebirthers charge fees, usually \$35.00 to \$50.00 for a one to three hour session. All rebirthers trained by Rebirth America or Rebirth International are willing to negotiate an individualized fee structure when appropriate so that everyone can complete his/her mastery of this simple breathing lesson. These rebirthers have also been trained to give away 10% of their work to people who think money is an obstacle. Rebirthing is primarily a high spiritual work of love; it is not primarily a business.

Rebirthers are breathing teachers and self-improvement teachers primarily. The ones that are not trained therapists or doctors should not be treated as such. However, some rebirthers have spiritual wisdom, intuition, and special healing powers that are adequate to handle any situation. Rebirthers who are not properly prepared or who misrepresent themselves can best be trained by their clients. Every rebirthree must be responsible for himself/herself and the rebirther he/she selects. Since rebirthing is such a simple breathing process, anyone can do it, including people without proper training. No organization nor agency can guarantee the quality of rebirthers.

Breathing is totally harmless; the best rebirthers are people who do nothing but guide the breathing rhythm.

A Completion Checklist for Rebirthees and Rebirthers

Step 1: Do ten to twenty relaxed intuitive connected rhythmical breathing sessions with a trained rebirther. That is, at least ten ordinary "dry" rebirthing sessions. With most people the dramatic emotional and physical drama stops within ten sessions, and they are unable to maintain the connected breathing rhythm without drama for one hour. With regular practice of the breathing rhythm over a long period, rebirthing produces less and less eventful sessions. Breath mastery produces the experience of the body as an energy system that can be healthy and a calm, blissful state of mind that becomes ordinary. After ten to twenty sessions, the accumulated tension of a lifetime gets dissolved and daily practice maintains a wonderful state of spiritual purification with a sense of mental and physical cleanliness that gets taken for granted probably too soon and too easily. Going for the drama and "acting out" instead of going for the release through breathing can make this level of clarity take dozens or hundreds of sessions to get to the same point. Relaxed, intuitive breathing rhythm is the key.

Step 2: Making your overall transformation easy on you and everyone else. (a) By the tenth session you should have thoroughly exposed yourself to the philosophy of physical immortality, the psychology of unraveling the personal death urge, and some basic principles of body mastery. (b) You should have developed the habit of attending seminars regularly to widen your perspective on rebirthing and related self-improvement topics. (c) You should know what supportive spiritual family and community means. (d) You should have plenty of experience practicing with affirmation. (e) You should be familiar with the spiritual purification exercises list, with Excellence in Rebirthing statement, and with rebirthing organizations like Rebirth International.

Step 3: After ten sessions, you should trade sessions with your rebirther in case you happen to be spiritually, intellectually or psychologically more advanced than your rebirther. Since you're trading sessions, this also makes the rest of your rebirthing process free. Good rebirthers deserve to be paid for the first ten sessions. Rebirthers currently charge from \$1 to \$100 per session. Most popular fee is \$35 or \$40. I recommend that you trade at least three sessions with your rebirther before you break your rebirthing relationship. Then you can start rebirthing, which should start by trading sessions with other rebirthers.

Step 4: After ten sessions or as soon as dramatic psychological or emotional drama stops, which may be before or after ten sessions, you should start rebirthing yourself. You should continue rebirthing yourself until you can maintain a relaxed connected intuitive breathing rhythm for at least an hour. At this point you should also practice doing twenty connected breaths whenever you feel like it, especially when you are uptight or angry or experiencing other physical or emotional drama.

Step 5: After you have completed ten sessions and sometimes before, if you get stuck, or if you have what might be termed an angry or hostile personality, you should do your rebirthing sessions with a pen, pencil or toothbrush handle between your teeth. This bit between your teeth technique permits spirit to dissolve your anger. This also will cure you from grinding your teeth during sleep, which is bad on teeth as well as rest. Anger is defined as misdirected energy. If you experience anger often, I recommend that you use it for accomplishment instead of destruction, which may be your own and ultimately will be your own.

Step 6: Anytime after ten dry breathing sessions when you feel like it, you should start wet rebirthing. A pretty complete guide on warm water rebirthings is included in the book *Rebirthing in the New Age*. Basically you should maintain the breathing rhythm that you've mastered both in warm water or cold until you no longer have any emotional or physical drama. It is recommended that you do your first sessions with a trained rebirther in a hot tub until you feel comfortable doing them alone.

Step 7: The basic cold water rebirthing technique is to get into the connected breathing rhythm. While maintaining a connected rhythm, put one inch of one foot into the cold water. When your foot becomes comfortable, move in an inch at a time until your whole body is submerged. If at any time you lose the breathing rhythm, you should stop, back out and start over again. Some people take weeks of practice before they are masters of cold water rebirthing. You may want to wear a jacket or other clothing on the top half of your body while you're working on the lower half. The object is not discomfort or pain but rather increasing the

margins of comfort and pleasure. Rebirthing is the New Yoga of comfort and pleasure. If God had wanted you to be cold, he would have formed you in an ice cube instead of a warm womb. Warm and cold water rebirthing releases basic temperature trauma and makes your physical body more pleasurable all the time.

Step 8: Spiritual Healing. The breath of life as mentioned in Genesis is the source of every person's breath and is the source of all healing. If you stop breathing, you will get very, very sick. So sick, in fact, that your body will return to the dust and you will prove the Bible right. The body is created out of the breath by the mind.

Therefore, the breath is the source of the body and simple breathing and upgrading the quality of your thoughts about your body can heal everything. The touch of loving massage will obviously accelerate the healing process. The truth is there are no illnesses, only healings. What is called sickness is only a healing in progress. All illnesses and accidents are either the spirit and body attempting to heal the mind or the spirit and mind attempting to heal the body. All negative symptoms are ultimately created by negative thought; but occasionally, an obsolete positive thought that is overdue for a transformation. If your healing is not proceeding as efficiently as it could be, it is because you are not breathing enough or not thinking enough. It is obviously necessary to give up your negative belief system about your symptoms even if they have been given to you by an authority that you respect. Common sense leads us to the conclusion that we ourselves have had the most training in living in our body and mind and are therefore the best authority for them. We are all physicians who must heal ourselves.

More details on these levels of completion will be added in another chapter. It is recommended that you complete your own breath mastery, that you become a competent rebirther, that you learn how to train rebirthers and, if you so desire, go on to train rebirther trainers. If every breather shares breath mastery with at least ten to one hundred other people, it won't take long for everybody in the world to enjoy the benefits of breath mastery.

For additional information, you may contact: Leonard Orr, or California Rebirthers Association, or Rebirth America Project, P.O. Box 234, Sierraville, California 96126.

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When I had an opportunity to read an advance copy of Keith Mano's article about rebirthing during the summer of 1977, I stated that it was the best article that had

ever been written about rebirthing; and I doubted if a better one ever could be written. Keith unwraps the heart of the matter and does it with a sense of humor. Humor is essential to understanding the nature of rebirthing. Don't trust people who claim to be rebirthers unless they have a sense of humor.

I have just one reservation about the article, which is that it makes me look like I am more interested in money than I am. I have no interest in editing whatever may be inaccurate because the way Keith puts it is so entertaining. Just for the record, I would like everyone to know that I give away most of my income, that money is a game not to be taken seriously and that I have always been willing to give rebirthing away for free to people unless I felt that they were trying to rip me off.

The rebirthing business is primarily spiritual work and not primarily a business. The business part is merely for the purpose of enabling rebirthers to support themselves so they can do it full time. I think it is appropriate for ethical rebirthers who are doing good work to prosper from their work.

The money ethics established as a standard for all of my associates are as follows: 1) rebirthers with set fees should be willing to negotiate in advance of the session and settle on a price that the client can conveniently afford, 2) rebirthers should permit the client to determine whether or not the session was worth the price at the end of the session, 3) rebirthers should give a full money-back guarantee to their clients, 4) rebirthers should give free sessions to clients when they are needed, 5) rebirthers should give away a certain percentage of their work.

It was first published in *Oui Magazine* October 1977.

Tense? Anxious? Birth Trauma Got You Down?

Critics Claim that Leonard Orr's Theta Rebirthing is the Dunkin' Donuts of Awareness Therapies; our Reporter Tubs Down with the Founder and Makes his Pitch for the Towel Franchise. An article by D. Keith Mano.

Huh-aaaaah, huh-aaaaah, huh-aaaah. I'm getting rebirthed. It's a tough delivery. Huh-ah, huh-ah, huh-ah, huh-ah. David pants against my ear: a German shepherd making obscene phone calls. David is my rebirther. I try to plagiarize his breath rhythms. Breath rhythms are what rebirthing is all about. Breath can cause some bizarre reactions. This is not, I think, the line of work for someone with halitosis. Huh-ah-huh-ah-huh-ah-huh-ah. I lie, fully dressed, on a stark-nude mattress. In the basement of 2

South Street. In Walton, New York. Walton is home town and East Coast G.H.Q. for Leonard Orr, genius. Some very few years ago, Orr (*eureka!*) discovered rebirthing in his own tub. He didn't throw that baby out with the bath water: a genius; also a slick entrepreneur. Since 1974, Orr's movement has grossed more than \$1,600,000. Midwife to the nation's psyche. My own rebirth is tubless, dry. But I spot two unfilled metal tanks — cattle troughs, really — in the dim basement corner. They remind me of Dracula's travel luggage: of coffins. Of my death.

H'ah, h'ah, h'ah, h'ah, h'ah, h'ah
He's got me down to 16th-of-an-inch-long breaths: Small lizards breathe thus. David, meanwhile, has been touching me: at eyes, forehead, neck, in an elbow pit. My hands buzz, some pins, some needles — not much, not exactly a Magic Fingers bed effect. The oral juice is blown dry. I have morning mouth at eight P.M. My tongue is shod; my throat is a cement-lined pipe. I can't get David's breath meter right: Now and again I inhale twice. I'm bad at rhythm gigs. Once, doing the lindy, I lost a woman. Just lost her. She was missing for three days. I'm that kind of dancer. David has raised my arms. He folds each in fetal position, sternum-high. Up go the knees now. David is trying for a pin, best two falls out of three. I gag at air; I'm short-changed, unnourished. I can intellectualize being a five-foot-four-inch, 180-pound fetus. My bent-in-half diaphragm could be a jew's-harp, spongging. I'm just naked organ. The lungs alive, alone. I hurt: I'd like this to stop, please.

H'eee-ccc'h-h'eee-ccc'h-h'ccc-eee'h.
"That's a breakthrough." You couldn't tell by me. But David is pleased. I've carbon-copied his breath rhythms exactly for the first time. As for my birth trauma, though, there has been no instant replay. In fact, I relate more easily to my father. My father, oxygen-tented, one lung cut away, casting out for breath; each gasp a slippery, hard-to-land trout in the hurtful pool of air around him. Or is that so far off? The first breath and the last: They recall each other and are both terrible.

Uhhhhh-ahhhhh.
"All right." David has tucked me in: a blanket suddenly there. "How do you feel?" My tongue is an old brake shoe: worn down, corroded. Otherwise, pretty comfortable. Hell, for hyperthyroid me to be still this long is in itself a furlough from civilization and my discontents. I swallow. Crack — the tenement roof of my mouth chips red-lead paint off.

"You mean — am I going to sue for malpractice?"

David laughs. But I'm handsomely skeptical. My rebirth, I think, has been a dull miscarriage.

That was Monday night: I am to spend a week with the Leonard Orr Traveling Rebirth Roadshow. They're just in from New

Orleans. The rebirthers are happy and attractive. They speak an optimistic, special vocabulary. Get accustomed to it. They never effort things. They put out good vibes. They're in a safe space. The universe will support them totally; will validate them. And, you know, it seems to do that. I approve of rebirthers. At first, I had only one reservation: They go hahhhh an awful lot.

Hahhhh. What it is: a reborn person, one who has achieved the breath release, lets go of his bad stuff (his shit, they say: tension, irritability, psychic gas) in whopping great exhales. For the uninitiated, however, this habit can be distressful. Those first few Walton days, I thought my conversation had bombed out. I'd get into one of my favorite stories and three people would go off — hahhhh! — as if they were bored to cinder block. A pod of sperm whale for an audience. It disconcerted me. I felt like Sheeky Greene playing the Damascus night-club circuit: not well received. But by Friday, I was right up there, a first-rate hahhhher. Converts are always the worst. In fact, two hours after I got home, my wife threw a Melmac dish at me and said, "If you exhale once more, I'll divorce you." Which I thought rather unreasonable. In sickness and in health, 'til breath do us part.

Also rebirthers affirm all the time. It's a backup technique. Here and there, under the sofa or the kitchen table, I'd come across written-over pieces of lined paper. For instance, "I'm glad I, Claudia, was born: I have the right to be here (five times). You are glad you, Claudia, were born; I have the right to be here (five more). She's glad she, Claudia, was born; she has the right to be here (five again)! Me, I'm very glad Claudia got born. Claudia is tall (I see her eye to bra; worse outlooks there could be, believe me), blond, tan, lovely. Vivid. I can't figure why she needs affirmation. I don't look half that good and, brother, I'm not about to let some clown stamp VOID on my birth certificate.

Mind is foreman for its crew, the body. One young rebirther told me she didn't swallow contraceptives anymore: No, she was keeping herself sterile by affirmation, affirmation, affirmation. Uh-huh: I don't know about her, but I've met some pretty positive-thinking sperm in my time. Orr's Theta community, understand, is more than just rebirthers. Orr has extended his mind-over-you-name-it program to spiritual psychology, prosperity (bucks), loving relationships and — oh, why not? — physical immortality. This every-day-in-every-way thinking can affect other people, even animals. Deni, the cutest rebirther north of Conshohocken, told me about a Theta friend who regrew testicles on her neutered dog by sheer affirmation. (I, Rover, deserve to have balls. He, Rover, deserves to have balls.) "Then," Deni went on, "she gave her dog to a very negative person. And they shrank off." And I laugh; easy come, easy go.

But I don't laugh at Leonard Orr. Orr

can laugh at himself. He is, no competition, the most unpretentious major guru around: so laid-back that standing he seems to be supine. The hesitant and wind-blown voice will keep everyone leaning forward; surface noise on my tape often edges it out. His smile is wild, inclusive; just between you and me, Orr looks very, very much like Jack Nicholson: Nicholson buzzing the cuckoo's nest, roof level, flaps down. Yet he can appear inoffensive, pliant, relaxed; une bombe plastique can appear inoffensive, pliant, relaxed. "I love business," Orr says to me over lunch. I don't doubt. By going into people, by D-and-Cing their birth traumas out, he has scored \$1,300,000 worth of real estate. No embarrassment there: Orr maintains a Calvinist P.O.V. Success doesn't cheapen your spiritual clout: It verifies (validates) that clout. The elect prosper: That's why they got elected. I like Leonard Orr: He's American. It's nice to know that the same ambitious vision that brought you nylon and pop-up toasters will be bringing you a breath release.

Mind now: Orr has paid his dues. "What I did, I devoted several years to being emotionally disturbed." Orr had a crush on death: Suicide spread its legs for him. It wasn't an affable time. But he rearranged himself; gerrymandered his character. Leonard Orr is auteur of his own personality.

Orr is candid: At 2 South Street, he will sermonize on the fortuitous and extremely damp origins of rebirthing. "I lived in an apartment house that had a sauna in it. I used to go down and sit in the sauna. I didn't know why people sat in saunas. It was supposed to be enjoyable, though it didn't really grab me. So I was sitting there one day and the sign on the door said *It's recommended that you sit in here no more than 15 minutes*. I wondered why it said that. I figured there must be a reason. And so I thought that, being a scientist, I'd stay in there longer than 15 minutes and find out why. What would happen. So I stayed in there — I don't know — probably an hour, and ended up crawling out, pushing the door open, lying on the floor and fighting off unconsciousness. But that gave me another problem, which was: Why did this happen? Why did the sauna induce unconsciousness? I thought about it, and the only reason I could give myself was that it had plugged me into the memory of being in the womb so strongly — that is, the heat — that it blocked out my consciousness between now and then.

"In the previous sales job I had, I had a boss who had certain restrictions, certain times when I was supposed to be at work and such. I'd usually manage to get out of bed at 7 or 7:30 in the morning and get to work on time. I'd make maybe one or two appointments, then I'd lie down on the front seat of the car and just sleep. And that went on for months. In spite of it, I doubled the sales in my territory. Imagine what I could have done if I hadn't gone to sleep on the job.

"Anyhow, I decided that I wasn't going to be successful unless it felt good to be successful. So I decided to hang out in my apartment until I felt good. I didn't care if I was the first human being in history who ever felt good, I was going to feel good — I didn't give a shit if anyone else ever achieved it.

"I'd lie in my bathtub for what seemed like forever, and I'd have a sudden urge to get out and do something. There was a terrible urgency: Something awful would happen if I didn't get out. I'd be evicted from my apartment or I'd lose some business opportunity. But what I would say is: Why don't I just stay here and miss the opportunity, or not pay my rent and see what happens? So I just sat through all that urgency. And every time I sat in the bathtub longer than I was supposed to, I got some fantastic revelation about something. I did that hundreds of times. I even slept in my bathtub. I developed the ability to put my head back and sleep with my eyes under and my nose and mouth out. So, when the water got cold, I'd just turn on the tap with my foot without even moving and go back to sleep. And that's how rebirthing was invented" I wonder that Leonard Orr isn't all wrinkles — like a chunk of brain coral.

Every rebirth session leads off with a reading — aloud — from Dr. Frederick Leboyer's *Birth Without Violence*. Dr. Leboyer and Orr came to roughly the same conclusions about trauma number one at roughly the same time: Birth is a bummer. No fetus wants to give up that Holiday Inn living, the womb. Then, tharump: Uterine walls start to disgorge. You get extruded: salad dressing from one of those squeegy airline containers. Into thunderous noise, acrid light, mean gravity. Up to now, you can still breathe through the old navel plumbing; but, so mother should know he's worth \$200 a visit, some dingbat obstetrician cuts it first thing, and, baby, if you don't inhale quick, you die. That initial breath is razors going down: bitter, desperate, terrorizing. Then, just to make you feel greeted, Dr. Jekyll will hang you upside down like an entree at Zum Zum and give you three of his best on the tookus. By contrast, Leboyer (who has since been rebirthed by Orr) slides the infants he delivers out into semidark and quiet. He doesn't attack the cord. Later he "rebirths" each infant in a warm bath. The book is very convincing, but somehow I didn't think it applied to me. I mean, I'm all here: Birth trauma is for people who bed-wet and drool on their lapels. I wasn't in Walton because I had more hang-ups than a moth closet. I was there to write for *Oui* magazine.

"The real function of rebirthing is to dissolve the substance of the birth trauma. We learned to breathe in the middle of pain and we made the conclusion foolishly and ignorantly that breathing is painful. Basically rebirthing is healing the breath. The thing about rebirthing is: You can drop stuff. You can pump emotional problems and physical illnesses out of your body with your breath in just a few minutes. The key to it is to receive pleasure from breathing. If you can get pleasure from breathing, it's real easy to be in constant pleasure. Rebirthing is a physical experience. You experience the birth trauma, but it's so fast that it bypasses your observation. It's more observable to the rebirther than it is to the rebirthed. You aren't observing the trauma, you're creating it — or uncreating it. See, it's bullshit. The birth trauma isn't there. That's the paradox: You say, if only I could experience something painful enough, bad enough, then I'd be free. You're going back to the trauma and finding nothing there." Orr laughs. "There's no way you can experience enough pain to earn bliss. So you might as well just be blissful."

"The first person I ever rebirthed was totally regressed to infancy in 15 minutes. Now, I didn't know that it was my presence that caused it. I thought that it was the water. And that's why we got hooked into hot tubs. Until we finally realized — after rebirthing 2000 or 3000 people — that the water wasn't necessary. You, as a rebirther, have to develop rapport. That's why some people take 50 or 100 experiences. Because they distrust. Others, who have normal trust and function successfully in the world, can get through it in five sessions."

"After I watched all those people go through the breathing release, I began to wonder if I had. So then I decided to be rebirthed. And it's taken me over a year to learn to be a good rebirthed. The first time I ever had tingling in my body was a year ago last November. The first time I got paralyzed was last summer, while rebirthing myself. To me, going through the paralysis was backward from everybody else, because I'd experienced all the trauma before. And I'd gotten it all out in bits and pieces, and there was just that physiological phenomenon. And so, my sensation was, 'Oh, rebirthing works. It even works on me, too!'

"My conclusion about the whole thing is: You're better off being a rebirther if you start out being a good rebirthed. Because the way I did it — all those six or eight years — it's too slow. And lonely. Lonely. In the process of all those experiences I had, I worked all the items one at a time, instead of letting go all at once. I remember the first person I rebirthed — I couldn't help but laugh or cry for joy in spite of the fact that he was helpless. Because here was one person in the world whom I could talk to. I had a water brother!"

There is silence. It has been, after all, a rather moving confession. Tomorrow,

Thursday, Orr will personally rebirth four people. Two staff members. One rookie. And, his forefinger speculates, catches a tiger by the toe, and —

"What's your name again?"

"Keith."

Orr lies near. It's a shapely March day, false spring, nubile sunlight displays on our queen-sized mattress. In the next hour, hour and 30, Orr will yawn and sneeze and honk his nose. Yet there's this casual intensity in him: Held tight, a thin sheet of paper can dice skin. I am reassured. Hell, it's like getting a verruca burned off by Christian Barnard. David rolls on the floor: He will copilot for Len. I am totally committed to the event, whatever that event may be. I read aloud — in my best Actor's Equity tone — from *Birth Without Violence*. A full 15 minutes of it. How they must want, those rebirthers, to do Leboyer violence. Orr has heard him read aloud a dozen thousand times by stutterers, monotones, illiterates, even by baboo-English Indians. But, as he will tell me later, "I hit on the technique by chance. I like the idea of using a totally unrelated document. But also it distracts people with heavy defense mechanisms and their act crumbles — and it gets the breathing going, because you can't read aloud without breathing. You have to be aware of the full breath you'll need to finish a sentence."

I recline, no pillow, lids shut down. Orr has started me on full breaths. Now and then he will fine-tune my lungs; a medium-sized pant, a curt pant, large breath again. "Up in the chest." "Don't grab your exhale." He leans over to gape my mouth. "Perfect." "That's it." "Good" I sense validation. I've always been achievement-oriented. I'd like to get an A in Breath.

Tingling has arrived in my hands. I don't give it much regard. I've been too conscientious: downshifting, upshifting on the breath. But now my hands insist. A thuggish, callous ache has come into each palm's heart. It's as if my hands were nailed against rough wood. The fingers curl: a dumb reflex — like erections on hanged men. Pain dismays me. I can't credit the savagery of it: I'm innocent, why has this happened to me? My hands are in paralysis, held under a glacial pond, held to drowning. They can register affliction, only that. I break out in pain sweat. Once, 25 years ago, I slugged my left hand with the side of an axhead. This is that same pain-beyond-pain, pain that implies nerve destruction. The hands will pull up — gradually, through eight or ten minutes — pull up/over/onto my chest. In fetal pose. It's necessary, you see, they can't not do it. They prospect for relief against my body; yet there is no relief. I've lost my hands for good. And my shins, too, have grabbed. Numbness worries them, picks the bone. They try to jerk up, and David, ready, will give them a boost. Look, I want to be cool, want to see this thing through. But I can't.

And I scream: I murmur a scream.

"God, for God's sake. Please help my hands."

"Breathe the pain out. Let it go on the exhale."

They are fetuses; I have two fetuses, hands. They are similes of the child. I concentrate on my left: exhale and exhale and exhale. In all, I can pry perhaps one-quarter inch apart. My arms edge out, yes — I know this is impossible; know intellectually — I feel the skin of my throat pinched, stretched by rigid thumb and forefinger. I'm ripping myself open. Chest membrane has torn off. And I guess at the prenatal communion that must exist between hand and chest: They must think themselves one body part. I choke; I bring up throat. Breathing is a foolhardy chance. It won't work again, this contraption of mine.

"Do you feel afraid?" Orr is close to my ear. "Do you feel sorrow?"

And, no, I don't. Something has broken off/loose. Man, I'm christened with champagne; I'm down the big slipway, rushing. I sense light and possibility. Pain is still hammered in, but now there are new surfaces. I have 1000 surfaces. Though crabbed up, my finger tips spatter: shorted wire. The body electric, I sing it. Not fear, power. I can feel power between my legs. I get it: I wanted to be born. I came out doing a buck and wing. Watch it, you buggers, cope with me. I puke up laughter; I'm goddamn hysterical. If it's trauma (and surely it is) to find five clean senses where once there were only stomach rumbling and red blindness and clothes-over-touch — then this is the trauma of pioneers; a fearful adacity. I begin to shiver it. It's malarial; it dashes me against the mattress. David has a blanket Guffaws chatter through where they can. My surmise was accurate; I had no trauma to speak of. I'm hungry. I'm raunchy. And I need to write all this down.

But it will be almost three hours before my hand can hold a pen.



Leonard Orr is a brilliant intuiter. Even the Idi Amin of est, Werner Erhard, had to recognize his insight. A swift trick, since est/Erhard will tell you that all men are created equal: equal assholes — and since Erhard considers himself chief suppository to the world. "When I first came across Erhard, I was impressed by him and by his willingness to tell the truth in public. (Orr Jack Nicholsons a grin for me.) Which was just before he stopped telling the truth, actually. I talked to some of his people and managed to get a scholarship to go through the est training. I thought it was a very entertaining experience. I was amazed that people were willing to take that much bullshit. Then I reported back. His people said that my feedback was the most significant experience they'd ever had next to the training. So they made an appointment for me with Erhard. He was fascinated; he'd

never met anybody like me. Finally he decided to buy 50 hours of my time a month and turn me loose on the trainees and the staff. So I did that for three and a half months. Then some of the staff got uptight: They thought I was having too good a time." Orr laughs. "I take it he was having a good time. "Anyhow, they made me an offer I couldn't afford to accept. I haven't seen Erhard since."

You can picture it. Est staff people love to volunteer their time: It makes Erhard feel cared for. But Leonard Orr doesn't volunteer anything. (Dinner at 2 South Street will cost me five bucks.) There was safe space enough for only one businessman in est. Might as well try to set up a Carvel franchise across from the Kremlin. Now, several Walton trainees told me, no est official, by Erhard ukase, is permitted to sign up for rebirth. More than that. Snatches of Theta philosophy have begun surfacing in the est program. Werner Erhard, of course, insists that you make an agreement with him, an agreement more binding than Kaopectate. There is one God. Orr, by contrast, will exhale and say, "It's important to know how to break agreements. With any technique, people get into heavy loyalty numbers. We've had people for whom rebirthing was their first significant experience; when they came across other movements that had value, they went into all kinds of anxiety. One doesn't invalidate the other."

Orr does have a problem: supply of competent rebirthers to meet the demand. "We've found people who've had one rebirth experience putting on rebirthing sessions. We realized that we somehow had to set a standard of quality — and we did that last summer by starting the certification process. We had 70 people in this room. We made up a list of qualifications for a certified rebirther. And then we asked everyone who felt he measured up to the list to stand. Twenty-five people stood up. Then we asked if anybody in the room had any reservations about any of the people who were standing. One reservation from one person was enough for a blackball. At the end, there were only five people left standing. So there are just five certificated rebirthers in the world and everyone else is a trainee."

And, despite all the tubetime he had waterlogged, Orr didn't pull rank. He stood up with those other 24. One reservation — one grudge "No" from somebody he'd overcharged for dinner at 2 South Street — and Orr would have been a trainee. That sort of democratic perspective is not, shall we say, endemic among the Maharishis of mind-blown.



Saturday. It's nine, God, A.M. At this sodid hour, I don't need breath release; I need artificial respiration. Orr loiters next to me. He doesn't seem awake, either. That's another attractive quality: Your average Oriental-guru type would feel constrained

to get up neck and neck with sunlight. Part of the image, you know. Early risers are somehow more, well, ecological: like organic zucchini. Not Orr: Orr usually sleeps late. Ren, a precocious young trainee, is along for my ride. Ren will tank-rebirth me on Wednesday: Orr figures he should have working knowledge of my breath. I read Leboyer: Lips and tongue are blown up, ungainly with sleep. One good thing: I'm defenseless. In fact, I'm barely conscious.

I breathe. We play a few scales with my breath. And, uh-oh, tinglesville. Right hand. Left hand. I get gas-nervous. What I don't want is to end up like the incredible stone man again. I make myself remember what Orr has said: "There is no birth trauma. It's just a matter of giving up your fear of the pain when you're in the middle of it. The paradox is: The desire to not make pain happen solidifies the fear and makes it happen. There is ultimately nothing physiological about the condition. It's totally mental. Relaxation and pain cannot exist at the same time in the same body. Tingling is your friend. Tingling is energy and pain is resistance to it. So when you get that attitude — that you don't care what happens, because the divine energy and your own life force are taking care of you — then you move right through it."

And that's just what I do. I move, finger pop, right through it. Suddenly I can adjust the tingling: vertical and horizontal and channel change. I'm a virtuoso: I can spot it anywhere I want. Behind my neck, in a U, the way barbershop shampoo basins feel against your head. French kisses of tingling in my mouth. A cummerbund across the solar plexus. It's extraordinarily pleasurable. So much for the skeptical belief that rebirthing paralysis is caused by hyperventilation. Hyperventilation doesn't exist. It's just that we underventilate through life: niggards with breath. Better still, each inhale will go down like a perfect baseline jump shot — swish, yessss! Inhales don't touch the rim: that is, my mouth, or my throat, or my windpiping. And they go down to someplace else. To someplace beyond the lungs, to what I can only call my center.

Breath bounces in me. I don't breathe: I am breathed. Graceful inertia there. Imagine a gravityless handball court. I don't have to pull inhales: They carom up. I'm inspired: I know, in my thorax, the derivation of that word. Then, abruptly, I want shorter and shorter breath lengths. An inch, a half, a quarter, an eighth, a 16th, a 32nd, a 60th. I'm inaudible to myself. I'm not breathing at all. Fancy that: No breath at all. I fancy it for a while. There isn't any discomfort, or urgency. I must be dead. How interesting. No, not dead. I'm that child at birth again, wanting to connect himself with humanness through the circumambient air. And in time — I'm not sure how long — I do inhale. That primal breath retaken, but without agony or trepidation, in ease, when I damn

well feel like it. Breath has been easy, a turn-on, ever since that moment.

"That's it." Orr yawns. "You've got the breath release. I'm going to get dressed. Play with your breath for a while."

I play: My workman lungs can, it's strange, they can play.



Now a month has passed. I no longer breathe. Instead, to crib from Hamlet, I eat the air promise-crammed. My breaths are so lush/dense they have a caloric content: They are things. I haven't smoked since nine A.M. that Saturday in Walton. I couldn't; it'd be like lighting up under an oxygen tent. Breath, you see, is circles. There should be no differentiation between exhale and inhale: They segue together, spectrum colors overlapping. Or think of a mobius's strip: Breath turns over at inhale, at exhale, but the circular continuity is never compromised. We perceive breathing to be a linear event: up-down, piston-action. But breath is, in effect, the rotating flywheel that will raise, then drop, each stroke. And this mechanism generates rich, efficient energy: It is electrons orbiting to keep a nucleus in power and in integrity. With my release, the breath dynamic became normal, pretty much unconscious. Since being rebirthed, I have had, continually, such breaths as I have known just once or twice before: when, in lenient April, years ago, I was astonished by the love of a beautiful woman.

My tank-rebirth session was, ah, voluptuous. I buzzed energy, and water italicizes your charge and returns it, charged. I hung nude under the cattle-trough surface for almost two hours: a soft mess of frog-egg jelly, shapable, gravid, kinetic. Orr had told me that I might have to recapitulate my paralysis, my release. I didn't. But there are inconveniences. Your snorkel tube tends to blow spittle: I sounded like some kid sucking at the memory of an ice-cream soda. I can understand how tub rebirthing would retard, not accelerate, the breath release. By now, after six sessions, I'm more or less able to rebirth myself. Home delivery, believe me, is a lot cheaper. No birth Xeroxes another. It can't. The process isn't static. "Even though one breathing pattern will work and will feel good — if you keep doing it, it won't. You have to play with it." And on it, on you. Lungs are a wind instrument to be tuned. Each breath length and depth has peculiar tonal values, cadenzas improvised for the body. There are more variations in your chest than there are in a contra bassoon.

My experience, I'm ashamed to admit, was rather commonplace: a textbook write-up. It doesn't always happen that way. Some get stuck in paralysis rebirth after rebirth; some (usually those who made their debut garroted by the umbilical cord) choke and turn, de-dum, as misty blue; others go Karen Quinlan comatose. Or take my wife,

Yes, after she finished pitching Melmac, my wife had a good look at those breath-stoned eyes of mine, gave her if-you-can't-beat-them shrug and left me. For Walton. Where she rang up a breath release in one throw, no paralysis at all (the show-off). Which proves, take your choice, that she is either (a) remarkably clear or (b) remarkably cheap (each dry session runs \$35). Anyway, we now have HIS and HERs snorkels in the bathroom. And one for company, because, since that time, my wife has studied with Leonard Orr and has become a professional rebirther.

I won't hedge. In those bleak, submersible years, Leonard Orr came upon a fair-sized piece of the truth. Not all the truth; no system — Orr himself would accede — can be omniscient-potent present. And keep in mind that rebirthing as a practicable field technique is not yet four years old. Already dry has been substituted for wet. Other refinements will be sewn on. At the moment, I don't think anyone could explain the process completely or estimate its mature potential. But there is no question: Something happens. The something has shape and duration. This isn't like psychoanalysis, where, after a decade or more, you might better guess why you're so screwed up, but not how you might unscrew yourself from that sticking place. Which useless data, plus 50 cents, will take you to Bellevue on the IRT. In rebirthing, a sensible, quantifiable release occurs. Breath is sprung, out on parole. Rebirthing was the most significant psychophysical experience I've — we've — ever had.

And for the smartass types, you out there who don't believe me, I have only one response: Hahhhhhh!

I exhale all over you.

Rebirthing — India 1980's

Rebirthing is an American form of prana yoga. It might more accurately be called unbirthing rather than rebirthing, since it helps to unravel birth trauma. The breathing rhythm consists of connecting the inhale to the exhale in a relaxed continuous rhythm. When the inhale is connected to the exhale in a relaxed manner it permits the inner breath to be connected to the outer breath. The inner breath is spirit and the outer breath is air. The inner breath is the source of earth, air, water, fire, and light and the outer breath is the respiration system, circulatory system, nervous system and other organs of the body. The human aura, which is the energy system of the body, is a bridge between spirit and matter sometimes called the rainbow bridge.

The connected breathing rhythm has the effect of cleaning the body, bringing peace to the mind and nourishing them with fresh life energy. This is traditional Indian

theory about prana yoga. What's new about it is that it needs to be revived in India as well as taught throughout the Western world.

It is paradoxical and perhaps appropriate that this revival in appreciating this ancient Indian Yoga is being caused by Americans. Indians sometimes think of the U.S. as the heart of materialism. Americans have simplified the complexity of the Indian science of prana yoga and just teach the heart of it. Merging the inhale with the exhale in a relaxed continuous rhythm not only can realize all the physical benefits as complicated prana systems but brings about an instantaneous and direct experience of God. The consciousness of the spirit in the breathing is intuition. To be able to see the energy body and feel it cleaning the mind and body is intuition.

This rebirthing American form of prana yoga is usually done in pairs. Two people practice it in a reclining position usually while lying on one's back. The learner breathes and the teacher coaches the learner's breathing rhythm until it is correct. As of January 1980 this rebirthing breath has been taught to approximately 500,000 people in the U.S. and a few hundred people in India. This breathing rhythm usually produces a dramatic energy cycle that is felt in the body through intense vibrations. A completed energy cycle usually lasts for about one hour.

Among the people who have practiced it, every kind of physical disease has been healed, from headaches to cancer and heart trouble. The breathing rhythm usually removes any kind of pain instantly and has been used during dental work and other kinds of medical treatments instead of anaesthesia.

In the U.S. the teaching has produced a new profession called rebirthers. Sessions usually last from one to three hours and the common fee charged by rebirthers is \$40 per session. The teaching of truth, simplicity and love has become a big business in the U.S. This spiritual business called the self improvement business is a wonderful trend because certainly eternal wisdom is more valuable than material things. Now that India is in danger of adopting materialism from the West, the people might revive our valuable traditions faster if we have to pay for them and can earn money teaching them.

In the West, the self improvement business includes population control, ecology, prevention of pollution, child raising, new age technology like solar energy, and other useful and practical things. The self improvement business is a current educational system for adults that is instantly responsive to the needs of the present world and the changes in people's thinking.

In the U.S., the self improvement business is beginning to rival with Christian churches in popularity. Most of these self improvement movements are filled with Indian philosophy and American versions

of Indian Yogic practices. Complex traditions are simplified, packaged, and marketed for the betterment of the participants and mankind.

The Western Rebirthing Movement was started by Leonard Orr in 1974. Leonard first learned and taught affirmations from Joel and Champion Teutsch in 1960. Affirmations is the science of composing your own mantras. They are based upon the idea that thought is creative. Since we create our personal reality with our thoughts, we consciously choose our thoughts and create a totally desirable and pleasurable reality, heaven on earth.

In 1967, Leonard unraveled the core of his personal death urge and realized that death is usually caused by family tradition. He discovered that death is not caused by the will of God; that God has no desire to kill people. He evolved what might be called a new science of immortality which is what yoga is supposed to be, among other things.

As a result of feeling safe in the physical universe and in God, he started getting birth memories. He noticed that most of his birth memories occurred while meditating in a hot bathtub. Orr feels that the Indian people would mostly be spiritual masters if bathtubs and hot water were as popular in India as they are in the United States.

Meditation in warm water not only unravels the birth trauma, but also womb consciousness. The warm womb water is the bridge between death and birth. Therefore, warm water is a great American yogic tool to unraveling the birth-death cycle and to achieving physical immortality.

Warm water increases the pleasures of being in a physical body. It is a great assist to cleanliness. India can warm water in the sun — inexpensive solar hot water heaters.

In the U.S., Leonard started rebirthing people in a large hot tub with a snorkel and nose clips so that a person could assume a womb-like position under the water and still breathe. Later, however, he noticed that when people released their birth trauma that they breathed in a certain way. By inducing this breathing rhythm, he found that people could get most of the benefits of rebirthing without the water.

Since 1974, when Leonard Orr started teaching rebirthers over 500,000 people have been initiated into this American form of prana yoga.

Although it is called American, Leonard suspects that he may have learned it in India in a previous lifetime from Maha Avatar Babaji.

⑥ Babaji appeared to Leonard in November 1977 for 3 minutes in the U.S. and called him to India. "Since meeting Babaji in the Himalayas in January 1978, I feel like my spiritual education is being completed. Babaji has encouraged me to fast, to shave my head once a week for nine months, and to practice other austerities. Since January 1980, I have been singing the name of God

Om Namaha Shivai mostly 24 hours per day and I have taught many thousands of Americans to do the same.

"Maha Avatar Babaji is presently better known as Herakhan Baba who dwells in Himalayas near Haldwani and Nainital.

"I have visited Babaji 3 times for 1 month each: January '78, April '79, and January '80.

"I have met hundreds of his devotees around the world and compared their experience with him to mine. I am totally convinced that Herakhan Baba new and old is the eternal Babaji known as the Yogi Christ of India in the *Autobiography of a Yogi* by Paramahansa Yogananda. It is my great privilege and blessing to meet him in physical form and to be taught by him. He has come to help India and the world through these trying times. I believe the salvation of India, its people, its economy, its government and its religion is through its saints; now as always. India's saints are the source of its aliveness and integrity. India currently has the greatest participation in your democracy of any country in the world. Looking to your saints for leadership will put such great quality in your nation that it will be the greatest nation in the world. I feel India is currently the best democracy because of your deep spiritual heritage. Only through seeking out and glorifying your genuine saints can bring your country to honor; to ignore them and go after materialism will take your country to ruin and chaos.

"The goodness and virtue and intelligence of the ordinary people is the foundation of good democracy".

Physical Immortality

The Science of Everlasting life. A beginning Statement: *You can only begin, there is no end.*

The following simple steps can easily double or triple your personal life span and enable you to maintain youthfulness, good health, intelligence for over 200 years. Then you can decide to make it forever, if you like.

1. To master the practice of processing your thought and feelings with the affirmation emotional response technique.

2. To master the practice of spiritual breathing and practice it daily at least 20 breaths connecting the inhale to the exhale in a relaxed rhythm. This includes a consciousness of the energy body.

3. Learn water purification by daily bathing in warm or cold water and its significance in cleaning the energy body and unraveling birth trauma and womb consciousness. The womb is the bridge between birth and death, death and birth. Meditating one hour per day in hot water can make anyone a spiritual master.

4. Sing the name of God daily, *Om Namaha Shivai* or *Jesus Christ, Jehovah*, etc.

5. Develop a philosophy of physical immortality, eternal life of spirit, mind and body personally.

6. Unravel your personal death urge absorbed from family tradition, past lives, and culture, etc.

7. Practice three day fasts a few times each year and realize the truth about food and diets.

8. Experiment with sleeping and not sleeping.

9. Participate in spiritual community that practices all these ideas.

10. Be open to trying other yogic and Western techniques for body mastery such as shaving the head and Rolfing.

11. Learn to read emotional messages in body symptoms and how to process them with affirmations, breathing and healthy practices.

12. Learn the role of exercise, physical activities, be health conscious, and practice the yoga of comfort and pleasure.

13. Study Herakhan Baba and other immortal masters. Meeting Babaji is like graduating. He gives complete grace and knowledge.

14. Healing bones, flesh, teeth and organs.

15. Neighborhood democracy and grass roots politics, a town meeting on every block. An elected representative for every 100 to 1000 people.

The philosophy of physical immortality is fun and produces a more fun life even if it does not work. Indulging these ideas is totally innocent and harmless, except that they may put a hope in your soul that causes you to face all your fears. The Bible says "perfect love casts out all fear." How can you have perfect love for your spirit mind and body while planning to kill yourself?

The prize of physical immortality supplies the motive power and energy for austerities.

No one can make you immortal but yourself, but this is the age for it. Humanity is today overdue for it as a mass movement. War can no longer be prevented without it. It seems that our human evolution is forcing us to be divine. It has always been believe or die, but most people through the ages have overlooked how practical this advice was.

Why is physical immortality coming to light now? Where has it been hiding? It hasn't been Jesus Christ, the whole calendar is measured by a blazing advertisement for our immortality. Jesus did not stand for a pie in the sky immortality, but for a physical immortality that you can enjoy in your body. Where is he? His physical body is most of the time in the Himalayas. He has the ability to appear to anyone in the world. He has been seeking students since the year 1 A.D.: those who are sincere seekers have made it. Many thousands have made it; the evidence is available for anyone who looks.

St. Germaine is a Western immortal Sam, Flori's grandfather, is a little known

immortal. Elijah of the Old Testament conquered death. Enoch dematerialized his body. Babaji who has never known birth nor death. Tralanga, 300-years-old who was poisoned by other saints who were not willing to give up death killing this saint did not save them from death.

This subject is now easy for the masses to accept; there are still scoffers, ignorant people who would rather be dead right and cling to their habits; and worship — the god of their belly. But physical immortality is for people who are truly pleasure oriented. Food tastes better after a fast. Sex feels better after a little abstinence.

To be immortal you only have to give up your fear of hunger. You do this by giving up food until you have certain knowledge that you can live without it. Don't try it all at once — only one day at a time. The yoga of austerities must be combined with the yoga of comfort and pleasure.

Why weren't we told before? You were. The scriptures of all the religions have been telling you since death was invented. Why didn't you listen before?

Obviously, the heart of the middle class masses are now open to receive it. The soul energy of the masses has naturally evolved to receive it. There are so many healthy souls and bodies alive today that physical immortality is becoming the norm. If you are alive and reading this, all you need to do is to practice the simple exercises mentioned to complete your perfection in this life. Even if you have already damaged your body — there is healing. There are spiritual healers alive today who can heal anything. You just have to search them out.

The spiritual healers of today are not like the medical doctors who take your money, cut up your body, and leave you with your sickness to die in poverty.

Genuine spiritual healers are willing to work for free. They are willing to heal you first, in most cases and then let you set the price. They are willing to teach you how to become a healer.

I am a spiritual healer. I would rather teach you the science so that you can heal yourself and everyone around you. I already have enough work to do. I already have a few hundred thousand students. Why do I need more? But I intend to go on teaching until the whole world is healed of illness and of death.

Perhaps you have practiced death long enough. You may have died a thousand times. Death is an austerity too. Why not abstain from death for a few centuries? It probably won't hurt you.

If these ideas appeal to you, it is because you have grown up spiritually. You are ready for them. Take the exercises one at a time and you will find that they are easy for you.

There is no hurry. Five to ten years is enough to master each of them sufficiently to achieve certainty about your immortality. It takes four years of college to get a worldly

degree.

Why not spend five to ten years to get a heavenly degree? And it is a heavenly degree that you can spend in the world.

Spiritually enlightened people have been waiting around for God to destroy the ignorant overpopulated people so they can enjoy heaven on earth. But what if he doesn't do it?

What if there is no destruction? What if the only destruction you can depend upon is the destruction in your own body? What if there is no nuclear war? What if there are no huge natural disasters?

What will you do if the soul of the average person including your enemy is so strong that they already have everlasting life?

Then you will have to love your neighbor or kill yourself. But if you kill yourself, don't be surprised if your neighbor is still here when you get back. How smart will you think you are then?

So it is now time for spiritually enlightened people to participate in polities. It is time for spiritually enlightened people, the metaphysical philosophers, to come out of their churches and "ivory towers" and clean up our rivers and industries.

It is time to take responsibility for governing ourselves and our governments, our police, our military machines. It is us who can bring peace and prosperity and health to the people of the world. There is a time to think and a time to act. A time to meditate and a time to walk and talk and preach.

What will you do if the political tyrants that you hate are not assassinated and you have to organize democracy in your neighborhood and vote them out of office?

What if the ignorant overpopulated family next door just keeps right on reproducing until they take over your house? This is literally happening in parts of the world. Overpopulation is the biggest problem of this century. War won't solve the problem, only postpone it. Natural disasters won't solve the problem, only postpone it. We must take responsibility for our reproductive powers and teach our neighbors to do it also.

The root problem is believing we are sinners or animals other than divine beings. Divine beings are responsible, intelligent. They can see the future. They can see next door and across the street. They are friendly and helpful.

The immortal spiritual masters who have existed since the beginning of the world and still exist are not masochists to fight with mortals. They appear to the few mortals who are ready astrally or physically through bilocation and encourage them. But they don't appear to the ignorant and hateful; it would be useless.

Babaji appeared to me in 1977 and has appeared to thousands of people all over the world. Those of us who were ready have traveled to India to receive his physical

teaching and grace. It is up to us to teach our neighbors so that they too can receive his blessings.

Babaji materialized his present physical form in 1970 to teach the people how to prevent the destructive forces of nature and atomic bombs from being used on people. The people producing the bombs have to use them up or go out of business. Of course, if they do use them, they will go out of business. So making nuclear bombs is suicidal stupidity. Governments whose defense and protection is based upon death and destruction are filled with ignorant mortals who lust after death. Their minds are already in the grave.

As Babaji teaches, truth, simplicity, and love are the only sure protection. You can only be saved by people who respect your truth, simplicity and who feel your love.

Harakhan Baba not only knows how to save the world, he knows how to save himself. The world can only be saved by immortals who save by example. Babaji, who has come to be known as Herakhan Baba in the last two centuries has never known birth or death. He is the everlasting yogi master who comes and goes as he pleases.

He lives as the example to people who desire to evolve their spirit, mind and body into the light of God. This Babaji is the trainer of Saviors: the world will not be safe until there is a yogi master in every city and village in the world. Heaven on earth cannot be realized until society, politics, and economics are dominated by the energy of the common people practicing truth, simplicity and love.

People in positions of power who don't put love and mercy before money and authority are not leaders, but morticians.

They are executioners, they are hypocrites, they are frustrated tyrants.

Babaji offers family love and protection. Babaji offers true humanity and divinity. Babaji offers austerities and pleasure. Babaji offers truth, simplicity and love. Bhole Baba Ki Jai Om Namaha Shivai.

Babaji is calling millions of his devotees who have accumulated good karma of many lifetimes toward the eternal life of spirit, mind and body. He is perfecting us. Those millions of strong and healthy people who are practicing truth, simplicity and love are the spiritual government of the world. To the extent that they participate in politics, government is good government. When this spiritual government merges with the worldly governments, then we will have peace and heaven on earth.

How to Make Democracy Work World Wide

War, Violence, and Cause & Effect.

Premise — If the intent to use weapons is strong enough they are used on the manufacturer because of the boomerang effect of consciousness laws of causation.

Premise — Positively stated: war is a self liquidating problem. People who indulge in war mentality kill each other and the war ends leaving only the peaceful. As Jesus said, "The meek shall inherit the earth." War heroes are buried and forgotten, the memory and deeds of saints live forever. The real saints achieve everlasting life in spirit, mind and body. They who save themselves through the practice of truth, simplicity and love, are the real heroes. To save others by saving yourself first is to save by example. This is goodliness.

The nations with the greatest nuclear arsenal are in the greatest danger. Danger of accidents; psychological danger: paranoia; death by tension; death by suicide; death by violent intent; death by well meaning mistakes; nuclear bombs have to be taken care of — what are the chances of the caretakers? Civilians who trust in their military machine may have it used against them. If it creates enemy and war, it destroys them. If it becomes the enemy it destroys them. So America has people from every nation: it is an international family.

Premise — To the extent that military personnel specialize, they become dangerous to civilian population; to the extent they culturalize, educate, internationalize, they serve peace in the world. Every nation must be an international family.

Peace is caused by wise, loving and productive people, people who are self-sufficient in harmony with Nature. People who cause their own comfort and pleasure, who are the source of their own prosperity.

The earth is still waiting for the Lord's prayer to be realized. Immortality without a body has not produced it yet. It never will. Heaven on earth cannot be realized without a physical body.

God's joke on people is to prevent destruction and disaster, to make the masses immortal so they can live with the fruits of their actions. We have to clean up our own mess. Pollution, overpopulation, will not disappear. This is also true in other theologies. Heaven awaits the clean, hell awaits the evil doers and unconscious people. In reincarnation theory, if you contribute to pollution and overpopulation, you are raised in it in your next life. Obviously, we have to solve the problems now. We are destined to live with them until we do.

Self government is for the purpose of producing spiritually enlightened self realized individuals. Self government exists, it is reality for good or evil.

The quality of a country, city, is determined by the quality and quantity of its saints.

Who are the saints in your community? Clergy? Honest business people? Wives? Teachers and professional people? Happy laborers? Government officials? Welfare recipients? Children? Senior citizens?

The comforter has taught us all things without us realizing it. It has taught the masses. Health is immortality, naturally. Safety is eternal life. Comfort, success, prosperity and pleasure is everlasting life. Love causes eternal life. Happiness produces immortality. Comfort induces peace and simplicity. Cars, trains and planes unravel the birth-death cycle. Friendship, eternal peace on earth, riches that produce time for God is eternal life. Time for God in the heart is non-attachment regardless of surroundings.

International Exchange

1. An American in every village in India.

2. America's greatness is because we have a foreigner from every nation in every village.

3. The melting pot concept.

4. Tension, communication, peace.

One of the purposes of Jesus Christ was to free people from death producing religious traditions.

Democracy works by monthly meetings in every neighborhood. For democracy to work in any nation we must have an elected leader for every 100 to 1000 people in each neighborhood. Otherwise misunderstanding fear and ignorance grow strong enough to produce violence and death.

Lessons India Can Hear from U.S.

1. Ratio of representation, neighborhood town meetings and elected leaders for every one hundred people is more important than national representatives.

2. Trains are better than cars, less expensive for everyone, more fun and leisurely to ride in. Safer, less strain on mind and body.

3. Solar energy, solar electricity and solar heated hot water are the boons to the yoga of comfort and pleasure and intelligent living.

4. Comfort produces as much if not more intelligence than austerities. Comfort induces relaxation and divine consciousness.

The Gospel of Jesus Christ According to White Feather

The cross is the symbol for the upright man; the man who has the vertical relationship with God in his own mind and the horizontal relationship with the universe and people in perfect harmony. Jesus is the symbol for God within which is infinite being,

infinite intelligence and infinite manifestation. Jesus is the fullness of God in the human temple — the body. Christ means to rule with understanding. Christ is the symbol for a person who rules his own thought and personal reality. To hang oneself on the cross of harmony with God and man is to conquer life and death. To deny one's divinity and thereby create disharmony in one's relationship to God and people is to crucify oneself in the original sin. The original sin is to deny the fullness of God within and affirm separation from the oneness of Almighty God. To be one with God is to be one with one's neighbor who is also one with God.

The human condition is to learn self invalidation from our parents. Then to live one's life as if God were hard to find. If one finds a guru, the common practice is to love the guru who embodies the beauty of God. Peter loved Jesus but since Peter did not love himself, as soon as he was out of Jesus' presence he denied Jesus. If he was not believing that he himself was the upright man, then he could not believe that Jesus was an upright man. Therefore it is impossible to love a guru when you are out of the guru's presence unless you yourself are truly a guru also. The guru or priest is the mediator between God and man. The only guru you can depend upon is your own thought. Thought is the mediator that intercedes for us.

Peter denied the Christ within himself and therefore his guru Jesus. He felt so much guilt that he had himself crucified upside down. This is the symbol that he held his upright man upside down all along. Savior means Save I — I am that I am — Jehovah.

Jesus went through the death of crucifixion for the purpose of conquering death to establish oneness and harmony of God and Man. Harmony is the principle of honoring every man for the cross he bears. This means to respect the power of every person's thought. The way people use their thought is their cross. The cross looks the same from the front or back. Thought can build or destroy. It can improve or repair. There is only one thing that thought can not create. You can think that you are separated from God but this thought too is God thinking.

Therefore to think that you are separate from God is the original sin. This thought is a lie and the father of all lies. As long as you live you are God. Evil is live spelled backwards. Devil is lived spelled backwards. To trust in past wisdom or teachings, conditioning from parents, culture or religious tradition more than present aliveness and oneness with God is to have one's life ruled by the devil.

To deny the Christ in oneself or others is to make oneself the anti-Christ. To deny the Christ in the anti-Christ is evil also. Christ is the light that lights every man that comes into the world.

To deny that you have power over your

own personal reality and the physical universe is the unpardonable sin for which there is no forgiveness. To affirm your power over your creation is forgiveness — to give forth yourself — to give out your essence to create or dissolve.

To accept the love of God and the kingdom of heaven on earth is to accept pleasure, comfort, bliss, prosperity and health into one's consciousness.

To experience the energy flows in the temple of God — the human body — through breathing is to find the river of life which springs out of the human breast to life eternal.

The only white man who can save the people is the man of white light within us all.

The rainbow hat saves us from the flood of human ignorance is the rainbow of light which is the human aura. The flood is the confusion that comes from a major emotional change, the ark is the faith that carries us through the confusion. The animals that Noah carried with him on the ark symbolize the beliefs that survived that change. To see this rainbow is to be saved from the darkness of the human mind which is our own conditioning. The rainbow bridge, as it is called, is the human aura or energy system which is the bridge between the visible and invisible worlds.

The Garden of Eden symbolizes consciousness. The tree of life in the middle of the garden symbolizes infinite being which can be seen in the space between our thoughts and in the middle of our thoughts and cells and atoms. The tree of knowledge is thought, the source of all knowledge. The fruit of the tree of knowledge is the result of our knowledge, which is our personal reality and the physical universe. Adam or man means to measure or limit infinite being. The unlimited Eve or woman, the mother of all living, means that man's creative power is greater than his mind or measure. The source of the mind is also the source of things. The mind supplies the direction or form for the power but does not supply substance. The breath of life supplies the substance. The breath of life can be experienced physically by connecting the inhale to the exhale in a relaxed rhythm. The serpent symbolizes knowledge that goes in only one direction and cannot be reversed. It symbolizes the tradition that is not questioned — like the idea that death is inevitable. The clothes — fig leaf — are the excuse or covers for one's doubt. To be thrown out of the garden is to pretend that one's consciousness is outside of God. The way back into the garden is past the flaming sword that turns every way. The fire is the cleansing power of the breath of life. The sword that turns every way is thought or the creative and destructive power of our words — the human voice. The cherubim and angels symbolize our beliefs or feelings that either help or hinder us.

Please copy and sow freely!

Introduction to Chapter III

(1980)

Many people ask, "Well, if physical immortality is possible, how come there aren't more immortals around and how come I don't know any?"

Obviously, if you have never asked this question before, you have never looked for the answer; and if you have never looked, you couldn't find it. I have referred to Elijah, Jesus and others who have conquered death, but there are thousands of people, perhaps even millions of people who have conquered death. They have done it in many styles. Native American Indians like the Hopis have a style. In Western Europe, there is the style of the Alchemists. In India, there are many styles. Most religions are built around one or more immortal masters like Jesus of the Christian faith.

I used to believe that Jesus was the only one, but when I studied facts, I was forced to change my position. Since meeting Babaji, I have come to realize that Babaji was an immortal long before Jesus and that he was a teacher and guide to Jesus. They are still close personal friends.

Obviously, physical immortality is not possible without body mastery. Physical immortality means body mastery. Very few people know what body mastery is, including how easy it might be. Babaji puts the subject of body mastery in balance. It means several things:

1. As spirit you are the source of your body; that is, through meditation, you can eventually resurrect your ability to create a physical body directly out of spirit with your mind.

2. If you have a body that you acquired through the normal process of being born of a woman, you can keep it healthy indefinitely. Babaji has demonstrated this by permitting his body to age like his students and then rejuvenating it. He also has used his understanding and yogic powers to heal

every kind of body parts in his students. To achieve his level of attainment it is not necessary to be physically immortal. It is only necessary to be enough in touch with your body to heal it when it needs repair.

3. The ability to dematerialize and rematerialize the body becomes a natural talent that you can use or not use at a certain point in your development. Although this has been popular in the tradition of spiritual masters, historically, it seems to be the most popular end of spiritual masters.

4. I feel that the masses of people today are evolving into a more ordinary kind of physical immortality in which death and sickness are just becoming obsolete. It is necessary for the ideas to become popular because it can be unhealthy for immortals to live in the presence of mortals. The two points of view create tension on both sides and one of them has a tendency to dominate the other. One of the great tests of this age is our ability to permit the two mentalities to live peacefully together.

I believe that Babaji has participated consciously in human history for tens of thousands of years. I believe that he is one of the greatest leaders in the spiritual government of the world. I believe if you practice any or all of his simple suggestions that they will help your life work better. I believe that each one that you master will increase your confidence and appreciation of your own immortality in any form that you choose.

I'd like you to have this information early in the book because it puts the rest of the information in a wonderful light. This chapter may raise more questions than it answers, but it will advance your thinking and this is what a book is for in my opinion.

After the discussion on Babaji, the King of Yogis, I have enclosed the biographies of two other Indian saints whose lives are similar to Jesus. They both conquered death

and evolved to the point where they could dematerialize and rematerialize their bodies. They entered the other world without death. There is a way to get out of this universe alive.

Many Western saints evolved to this ability. St. Germain of France is the most famous. Analee Skarin of the United States did it in the 1960's. I am enclosing a letter from Gayle who describes her experience in 1979. Other rebirthers have also done it.

This is a neglected phenomenon in the West, except for T.V. shows. It is time to put it into our universities.

* * *



1970



Chapter III

Babaji

Immortal Yogi Master

(1979-1980)

I have been working on a book about Babaji for the English-speaking world. I collected over 200 pages and had it typeset into less than 100; then it started growing again. I decided to summarize the things I knew about Babaji and that I have learned from him in as concise a statement as possible. My larger manuscript is available from me for people who are interested. To meet Babaji in person in the flesh is to answer all questions. He is the most intelligent and divine person I have ever met. In his ordinary looking human form dwells the fullness of God in wisdom, power and love. To read or hear about him is life's greatest blessing. To be in his physical presence can fulfill all of life's desires. He is the embodiment of divine human perfection. He promises nothing but he delivers as much as a soul can receive and hold.

Babaji appeared to Diane Hintermann, a close friend of mine, twice in 1976. Babaji appeared and disappeared to her in the U.S.A. This caused us to go to India in Spring 1977. We got separated. She found Babaji in Herakan, which is near Haldwani north of Delhi, and stayed with him for seven months. During November '77, Babaji appeared to me in the U.S.A. for about three minutes which caused me to visit him for the first time in this body in January 1978. His appearance to me gave my body a warm glow that lasted a week.

I visited him in January 1978, April 1979 and I intend to visit him at least once each year as long as he dwells in Herakan.

Babaji had no birth and many materializations. He never lost his divinity; he was a yogi master in his first lifetime and conquered death. Therefore, his physical body has never "returned to dust." His body has never died and been buried. As yogi master, he has the ability to turn his body into light. He can dematerialize his body, go anywhere in the universe at the speed of thought and rematerialize his physical body again wherever he chooses. He can direct the aging or youthing process in either direction. He has achieved the eternal life of his spirit, mind and body. He is thousands of years old; yet his body stays young.

It is my experience that he loves advanced students. He is willing to teach me as fast as I can learn. He is the embodiment of truth, simplicity and love. Jesus Christ was one of his students. Babaji has saved the world whenever it needed saving and he has trained many world saviors. Babaji works silently most of the time. The fact that he is now willing to be visible and speak to the nations is a sign that people may be reaching spiritual maturity. I have watched him call me and other devotees from all over the world to himself for final grace and instruction. He has guided our development through many lifetimes and has planted us as seeds of truth, simplicity and love all over this planet. We are giving enlightenment, love and practical purification to all around us. We are his representatives in the spiritual government of the world that leaven the peace, love and wisdom in the city of God on earth.

Infinite Being, Infinite Intelligence, Infinite Manifestation

Babaji's principles and practices are simple and effective. If you start now and work with them one at a time until it becomes easy, then go on to the next one and master it, a happy productive life is guaranteed. Start with singing the name of God and make your plans to visit Babaji.

1. Sing the name of God. He recommends Om Namaha Shivai as the eternal affirmation of your divinity. It evokes all divine powers, wisdom and divine emotions. Om Namaha Shivai can be chanted in the mind 24 hours per day until it is remembered on every other thought and fills every thought. Om Namaha Shivai also fills the space between thoughts — Babaji calls it the supreme name of God — the maha mantra. I have found from the experience of experimenting with Om Namaha Shivai that the constant repetition of Om Namaha Shivai brings with it the constant remembrance of

God and the fullness of God's presence and blessings in my mind, my body and my environment and circumstances. The constant singing of Om Namaha Shivai works. For the past two years that I have been doing it happiness, health, love, peace, wisdom and prosperity grow stronger in my daily life, every day. It can be translated into English in a million ways. My favorite translation of Om Namaha Shivai is Om — Infinite Being; Shivai — Infinite Intelligence; and Namaha — Infinite Manifestation.

2. Thinking. Babaji constantly encourages me to take more time to think — meditation. He recommends that we devote several hours per day to pure thought. Clearing the mind and raising the quality of our thoughts is more urgent than eating or making money, to say the least about it. The mind is the source of the good life, thought is the source of a healthy body and a successful life. This seems simple and obvious, but how many people do you know who practice it??? Do you? Is your conscious thought the source of your emotions and behavior? Or are your feelings and environment the source of your mind? A person with a clear mind has harmonious and loving relationships.

3. Breathing. Babaji calls breath mastery mahayoga. Maha means supreme or greatest. Yoga means science of life or union with God. The basic breathing lesson is to connect the inhale to the exhale in a relaxed continuous rhythm. Connecting the inhale to the exhale merges spirit with air. It merges the energy body with the physical body in a way that nourishes the nervous system; it cleans blood and relaxes the organs as well as the mind. Spiritual breathing is to experience inspiration and intuition consciously. Spiritual scientific breathing is a biological experience of God. Breathing is mastery of air.

4. Community. Babaji practices singing the name of God in community every day. He participates in spiritual community at least twice per day.

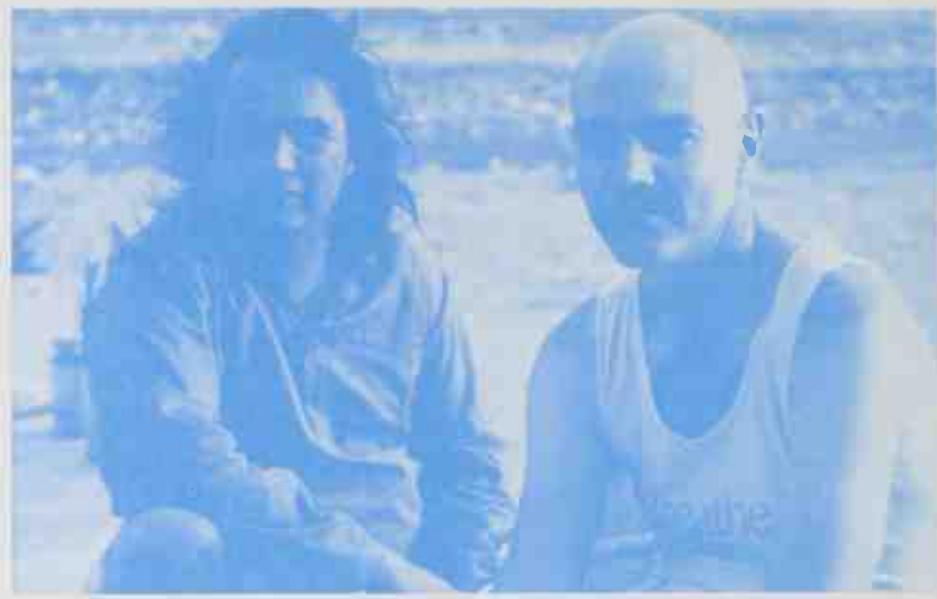
5. Spiritual purification. Babaji recommends several simple practices of spiritual purification:

a. Water. Babaji bathes twice per day in the Ganga River that flows through Herakhan. As a result of my visit with him, I have developed a whole new appreciation of water purification. I have become aware how water cleans my aura and balances my energy centers, as well as cleans my skin. I always practice connected breathing rhythm when I go in and out of water. I love to meditate in a warm tub of water.

b. Fire. Babaji has a fire ceremony every morning in which he feeds the fire with grains, fruit and butter. Fire represents temperature mastery.

c. Earth. Babaji recommends the mastery of food and sleep. Food mastery is achieved by simple diet changes. Vegetarianism is a gentle path to fasting. When you can be a vegetarian without hunger or other discomforts, then you can move on to more advanced levels of food mastery. Babaji gave me a special diet in 1978. It consisted of four steps. The first forty-five days I ate only fruit once per day as much as I liked. The second thirty days I drank only milk once per day, as much as I liked. Then I drank juice twice per day for nine days. Finally, three days of water — as much as I wanted. I learned about food, my digestive system, psychoanalytical experiences and bilocation during this 87-day diet. During 1979, Babaji recommended that I fast three days per week and eat only fruit during the four days that I do eat. I am practicing it, but I haven't mastered it yet. Specifically, he suggested that I have no food Sunday, Monday and Tuesday, with no water on Monday. I don't recommend that you try one of these advanced diets until you have experimented. I recommend that you fast only one day per week for a year and study your body rhythms. I also recommend that you master the name of God and breathing before extensive fasting. Sleep is to be mastered by meditating all night. Babaji said I could rest in the afternoon for a few hours in the beginning. I found this easier to do in Herakhan. I found that missing sleep stimulates suppressed negative emotions to consciousness so that they can be resolved and healed. Babaji also recommends walking, farming and manual labor. He recommends that the divine person live in harmony with plants and animals.

d. Light. Babaji is well known for shaving people's hair. During the spring of 1979, he shaved mine. He recommended that I sit on a rock at the junction of two streams and bathe after the haircut. He suggested that I shave my head Sunday, Wednesday or both, for nine months to get the full value. He said that shaving my head with a straight razor against the scalp would heal 108 diseases and reverse the aging process. Now, at this writing, it is September '79. When I return to see Babaji in Herakhan during December '79, I will have completed this technique of spiritual purification. I know already that it has transformed my body, my mind and my relationship to light — the colors of my aura.



I can give many scientific explanations but it is such a simple thing — a weekly haircut. Babaji always recommends such simple things. They work. They transform people rapidly and they are free, except for the razor blades and soap. Babaji also recommends that you develop a conscious relationship to the sun and the moon. You can begin by staring at the moon. Babaji said, "Staring at the moon all night can heal all the diseases of the mind and body." He said, "Watching the sun rise can give you cool strength that lasts all day."

Babaji's methods require few words, they are simple, and yet they have enriched my life more than colleges and universities. The joys of conquering nature from inside out far surpasses the accomplishment with expensive and complex tools and machines. Babaji's methods and simple messages of truth, simplicity and love are saving the world. People can save themselves by practicing Babaji's wisdom. To save others through the example of saving yourself is the greatest wisdom.

I recommend that you practice the above ideas. However, don't wait until you are a yogi master to visit Babaji. The grace of the great guru Babaji is real. He doesn't promise, he just delivers.

Babaji materialized his present body in adult form in a cave in 1970. He stays most of the year at his Herakhan ashram near the city of Haldwani. He dematerialized his previous body in 1922. That is, he levitated and turned into light like Jesus did at His ascension after the resurrection. During his previous stay on earth, he became known as Herakhan Baba and it was while in this body that he initiated Lahiri Mahasaya into kriya yoga and therefore was made known to the Western world as Babaji, the Yogi Christ of India, of the book by Paramahansa Yogananda titled *Autobiography of a Yogi*.

Babaji's mailing address is. Shri Shri 1008 Shri Bhagwan Herakhan Wale Baba,

P.O. Herakhan Vishva Mahadham, Via Kathgodam District Nainital (U.P.), Pin Code 263126, India.

These pages contain the most important information I can think of about Babaji. He is an immortal yogi master. The significance of his presence on earth at this time is overwhelming. He is richly human and ordinary as well as special, exalted and divine. It seems necessary to experience him to benefit. My words are just not enough.

Several hundred people from the United States and Europe representing all walks of life and professions have visited Babaji. They all have amazing stories to tell that validate Babaji.

* * *

There is Always Only One Babaji

This section reflects my latest thoughts, feelings, and opinions about Babaji as a result of studying him and the facts involving him for the past four years. The previous section I feel is too conservative in relation to his role in human history. I hope this new statement interests you and inspires you to meet this most pure human divine being.

Babaji is the eternal manifestation of God in human form. Babaji is Lord Shiva Himself. Shiva is the Sanskrit word that means God in English. Babaji is God the Father. Baba means father. Ji means supreme. There is always only one Babaji.

Babaji is the source or inspiration for all religions. All religions are attempts to understand him and to raise our consciousness to be like him. God in human form is more common in India than in the West, evidently because God took human form several times in India for thousands of years before the Western religions of Christianity, Islam, Judaism, etc., were invented. God in human form in India is also thousands of years older than the Eastern religions of Hinduism, Buddhism, Jainism, etc.

Shiva or God the all-encompassing spirit existed before religions, before people, and before the creation. औं नामा शिवाय, Sanskrit, or OM NAMAH SHIVAYA is the eternal name for God, according to Babaji himself.

The first human form of Shiva on earth was called Shiva and is portrayed in the Scriptures as a simple yogi ascetic. His ascetism however included all of life including all its pleasures. Shiva participated in everything including sex in abundance at times, but his predominate lifestyle was sitting alone in nature meditating, which he often did for centuries. Mount Kailash and Herakhan have always been his favorite places. Babaji has been returning to this place for hundreds of thousands of years. The great Scriptures of India are available in libraries and bookstores throughout the world announcing this fact. Babaji has never been hiding. Babaji has also appeared to people all over the world throughout all time. By the time you finish this book, you may realize it was Babaji who appeared in human form to Adam, Enoch, Abraham, Moses and the prophets. Babaji walks throughout the pages of most religious scriptures. But Mount Kailash seems to be the most common address of Almighty God in human form. This is clearly stated in Babaji's Aarati which is sung throughout the world.

The idea of a human meditating for over a hundred years without moving or eating is thought of as impossible or crazy to Western civilized people. But this in fact, has been accomplished by hundreds if not millions of yogi masters in India since Bible times, that Jesus Christ is not thought of as unusual. I, myself, have personally met at least three yogis who can do the miracles of feeding five thousand and do it regularly. Some yogies lived before the earth started, did all the miracles like Jesus including death and resurrection. They left behind their teachings and lives of grace and love like Jesus. We in the West are spiritually impoverished to the extent that we limit ourselves to the knowledge of the Biblical saints. Yet, if only the simple yoga principles that revealed in the life and teachings of Jesus are practiced, they are enough to make everyone a great saint, and perhaps immortal like Jesus himself.

The spiritual heritage of India is so rich and inexhaustible that it is incomprehensible to the average Westerner as well as the average Indian whose mind is limited by one religious perspective like Christianity, Islam, Buddhism, or Hinduism. The saints are beyond. They are the source of religions.

In the beginning or perhaps before the human drama, Babaji was known not only as Shiva, but also as Mahadeva, Brahman, Vishnu, Maheshwara, Indira, and many other forms and names. These forms or names are manifestations of aspects of Shiva or God and play administrative roles in the Divine economy. For example, Brahma is the creator, Vishnu the preserver; Maheswara is the destroyer who brings renewal. The India Scriptures not only have more information about life before human history, but tell about human history a hundred thousand years before the Bible was written.

LEONARD ORR HAS GONE OVERBOARD FOR BABAJI! HIS PRAISE OF BABAJI IS TOTALLY DEVOID OF A RATIONAL, CRITICAL PERSPECTIVE.

MOREOVER, THE ONLY EVIDENCE ORR OFFERS TO SUPPORT HIS ADORING CLAIMS OF BABAJI'S LIMITLESS POWERS IS HIS (ORR'S) UNEXAMINED BELIEF... EVEN FANATICAL BELIEF!

ORR FOUND WHAT HE WENT SEARCHING FOR AND DESPICABLY WANTED TO FIND, NAMELY, SOMEONE TO FULFILL THE ROLE OF ALL-POWERFUL IMMORTAL

Today, for my philosophical mind, I like to think of God or Shiva as Infinite Being, Infinite Intelligence, and Infinite Manifestation. Infinite Being is the eternal Spirit, divine substance, the Source, the Father of the Christian Trinity or the Mother or the Feminine Principle. Infinite Intelligence is both creator and destroyer, Thought, the Director of the power of being, The eternal begotten Son of the Christian Trinity, the masculine seed that impregnates Infinite Being with context; Infinite Intelligence is our ever-present divine potential, every thought exists in the middle of Infinite Being and Infinite Intelligence. Infinite Manifestation is the universe, the thoughts that stay there whether we are thinking them or not, Earth, air, light, water and fire, the Holy Spirit of the Trinity (Holy means to set apart). God in action, the human body, the form of thought and being.

All people, you and me, are nothing but Spirit, Mind and Body. We are all forms of God. We all have the full divine potential. We are all Babaji in one sense and there is no difference in our essential nature as Spirit, Mind and Matter. However, the consciousness inside this body known as Babaji is the conscious memory of all creation including the conception and history of every human soul. And also Babaji, in his body possesses all powers of this created universe and beyond.

In other words, Babaji, in this contemporary human form, his "rock star model body" has all the powers of God. He can and does on a daily basis change human history for the better. That is, he manipulates governments and world events. He can and does change the weather to suit himself. He can do any miracle and regularly does. They are witnessed daily by people who can stay conscious in his presence and observe them.

Babaji is obviously the most adept psychoanalyst, with a cosmic and eternal perspective on each individual's personality. He can transform us rapidly if we are willing. If every person visited him in his physical body to receive his darshan, the realization of one human family would be inevitable.

The Aarati which is a Hater chapter says, "You are omnipresent and yet you have assumed form. You are unperishable and omnipotent. You are the embodiment of all compassion." And, "The visible form of the guru is the basis of complete meditation." And again the truth boggles the mind, "His form assumes the shape of one continuous whole, encircling all, without division." Babaji is spirit, mind and body in oneness.

Babaji maintains a very simple lifestyle. As the eternal Shiva yogi master, he needs nothing. He can satisfy himself out of his own inner resources. He can manifest anything: food, earth, air, water, light of the warmth of fire directly out of infinite being with his thoughts. He doesn't need our gifts to him; our gifts to him are for our benefit. He doesn't need an ashram, it is for us.

As Bhole Baba, simple Father, he doesn't interfere. He waits for us to evolve our enlightenment enough to see him. He protects us with the minimum of intervention. He likes to see our responsibility and self-sufficiency. He rejoices in our virtue and our love, and our beautiful humanity. We can only see God in him as we see it in ourselves. He loves us so much and he is so worthy of our love. It is great to love someone who needs our love, but the satisfaction of loving a real person who is totally worthy of love is inexhaustible.

This is Babaji! The perfect eternal human being in a physical body playing in the human drama. Kind and tender without losing poise. Compassionate and patient without losing self-esteem nor power. His discipline sometimes stings, but it is fast and soft and his healings last forever.

Babaji played in the human drama as Shiva, the yogi, for a few hundred thousand years. After Shiva, Babaji came as Ram. The Ram lila is one of the most beautiful of all divine Scriptures. It is a shame that so many Westerners are ignorant of the Bible stories as well as the stories of God the Father in human form that dwell in Indian Scriptures.

Babaji had such great delight in his form as Ram that he also took his form as the Shiva yogi to see himself as Ram. After Ram, Babaji came as Krishna. Krishna was a most powerful world Saviour. It would take over a thousand years of meditation to comprehend the significance of Krishna's life and teachings. Krishna lived before Moses and Abraham.

The most noted form of Babaji that I know of was known as Goraknath who played in human history for a few hundred years before Christ. As Goraknath, Babaji gave physical immortality to two Kings in 57 B.C. They are both alive and active in human history today. One is Gopchand, a king in Nepal who still has an ashram there. The other is Bhartrajji who maintains a simple temple and ashram in Bhartara which is between Alwar and Jaipur in Rajasthan. When Jesus visited Babaji, he was known as Munindra in Banares. Jesus immediately recognized his Eternal Father in human form. Babaji gave Jesus a mundun, which means that he shaved his head before Jesus started his ministry.

Moses and Elijah also came to see Babaji in Banares. Babaji is the Father of all world Saviors. At a certain level of spiritual development, people became aware of Babaji's physical body when he is in the world and are naturally attracted to him. To visit him in physical form is the ultimate pilgrimage.

During the 1800's and 1900's Babaji has been called principally by the names of Herakhan Baba and Brahmachari Baba. From the early 1800's until 1922, he spent most of his time in and around Herakhan village which is on the Guatama Ganga River at the foot of Mount Kailash. This is known as the holiest place on earth. It is the place where Babaji has made his earthly home for hundreds of thousands of years since he created this planet.

From 1924 to 1958, he lived as a simple yogi in Dhanyon Village near Almora, U.P. In this locality he also lived part of his time as Goraknath. Goraknath is thought of as the principal God of the villagers in this area.

The significance of Bahaji, of God the Father in human form throughout all history is overwhelming for the enlightenment and welfare of all people. In addition to maintaining a local address and being available to people in conventional and human form, Babaji has always appeared to people in dreams, in astral or psychic forms, and in physical form throughout the world and throughout all time.

Whatever I can say in words is insignificant in relation to the reality of his presence. Babaji offers himself to all his human children. If you are lucky enough to read this,

you are being called to the feet of your heavenly Father. To see him in human form is to accelerate your own experience of heaven on earth. To be in the physical presence of Babaji is the main thing. Of course, it is possible to experience the presence of Babaji anywhere in this universe. Even death cannot separate us from Him. Since Babaji is the physical body of God, we can practice the presence of God everywhere. Practicing the presence of God is one of the basic things which He teaches.

My point is that spiritual purification practices are important, but even these can get in the way of sitting quietly in his presence, loving Him and receiving His love. His presence is the ultimate self-improvement technique. His physical presence is the best road to spiritual enlightenment, salvation, total liberation, peace, as well as worldly success and health.

We are so fortunate to be aware of him!

Babaji has built nine temples at the foot of Mount Kailash over his care and filled them with his personal history in marble statues. Each of these temples is also filled with very powerful life energy. If you stand in front of the door of each of these temples you can feel clean life energy fill and surround your mind and body.

The truth about Babaji is also told clearly in the Aarti which is sung twice each day in all of His temples, ashrams and in the homes of his devotees around the world. It is enclosed in this book because it probably tells you all you need to know about Him. If you sing it once per month, you will be blessed by His energy. If you sing it once per week, you will notice that your mind and your worldly burdens get lighter. Of course, you can also sing it once or twice each day and experience very rapid spiritual progress.

The Aarti service in Herakhan has been recorded and is available on cassette tapes. If you didn't receive a tape with this book and it is not available to you locally, you may order it from: Bhole Baba Herakhan Universal Trust, P.O. Box 234, Sierraville, California, USA 96126.

Please send \$10 or its equivalent for each tape. If it is not possible for you to send money, you may ask us for one anyway. We are happy to send free copies as long as our supply lasts. You may also contribute small or large sums to replenish our tape supply.

The Aarti declares the glory of God in physical form as well as his universal presence. The glory of Babaji is greater than the mind can grasp. Babaji knows everything and yet he relates to us in regard to the practical details of our lives. His simple majesty is daily inspiration.

As Krishna, Babaji stated, "I am the birthless, the deathless, Lord of all that breathes. When goodness grows weak, when evil increases, I make myself a body. In every age I come back to deliver the holy, to destroy the sin of the sinner, to establish righteousness." Again, the Indian Scriptures say, "Although I am unborn and my transcendental body never deteriorates and although I am the Lord of all sentient beings, I still appear in every millennium in my original transcendental form."

Almost everything that is written elsewhere in this book is stated beautifully in the Aarti. Everytime I have sat quietly and listened to the tape, even before I understood a word of Sanskrit, it always took me to the center of the universe and back. I have experienced healings of the most perplexing mental, physical, social and economic problems while listening to the Aarti on my little cassette tape recorder. Now that I am learning Sanskrit and sing the Aarti more often I notice that my mind is clearer and succeeds much faster. I am able to work more with less tension. To find Babaji in Herakhan is my greatest delight; to share him with my fellow humans is my greatest glory!

To write about Babaji, however, feels like an impossible task! The pages come out of me like the labor of childbirth. A passage comes out and looks so beautiful and right, and then I realize how unbalanced and inadequate it is.

For example, Babaji is not only greater than Moses, Elijah and Jesus put together, but he is greater than Superman and Wonderwoman put together. He is also greater than Jonathan Livingstone Seagull and the Reluctant Messiah. Just Krishna, this one manifestation of Babaji was this great. Shiva, the ascetic, was all powerful but he remained subtle most of the time and executed his power through others from behind the scenes. Ram was beautiful, charming, well-mannered, strong, wisdom incarnate, and totally ethical and balanced, but didn't manifest overtly all the divine powers and talents and miracles that Krishna did. I know little about Goraknath, except that he was like a "modern" Shiva, modern being before Christ. I know little about Munindra whom Babaji was known as by Jesus Christ. Since Christ, there is a picture of a painting of him done in the 1300's in this book when he was called Lama Baba. In the last two centuries, as Herakhan Baba, he has at times exercised his almighty power in ways that are beyond the imagination of most people's ability to comprehend, but was also known for his overt miracles.

However, Babaji's presence sometimes makes time stop and I can feel eternity. It usually feels wonderful and rich and warm and totally peaceful, but sometimes eerie and mysterious. Babaji the ruler of the universe, the creator of all life, each day gives me the feeling of home. his presence creates the warmest family love and harmony among the people at the ashram even though they are strangers from all over the world. Although they speak many different languages with the tongue, he has given us all the experience of total unity through the language of the heart. And when we sing the Aarati together we also unite our tongues in the primal language of all humans—Sanskrit.

In Herakhan sometimes I feel like the luckiest and wisest person on earth. And at other times I feel like the most colossal inane nerd in the cosmos. At times I can see Babaji clearly and feel only total, absolute and perfect love for him. Yet the next day or perhaps even an hour later, I betray him almost totally in my heart because of some minor physical discomfort or inconvenience. My whole character of this life and many others collapse in his presence on my like a kaleidoscope and then dissolve. My soul sails again into infinite peace and safety, and love. Each time I survive this soul burning, this temporary insanity, this "mild punishment" or chastening of my loving Father, I realize it is the short, easy and padded way to total liberation.

It is the direct path to the everlasting life of my spirit, mind and body, including the ability to dematerialize, rematerialize, and to travel like the yogis do. But in the middle of these purification experiences, all I can think of is leaving Herakhan, running away from Babaji, getting out of India as fast as possible. Babaji is betrayed in my heart and replaced by an ice-cream cone, a house with central heating, a bathtub with hot water. Often in the middle of my heart full of hatred, ignorance, and greed, laughter starts to bubble, and I wonder how Babaji can stand to have a relationship with me. I wonder why Babaji doesn't step on me like an ant and be done with the inconvenience of my profound philosophical imbecility. I'm glad Bahaji has a sense of humor!

How can I write about a man like this? His is truly a man, a warm, sensitive, kind, flesh and blood, delightful, entertaining, balanced, totally psychic, poised, awake, and loving man. But his is also a woman. He has done a self-portrait of Herself as Hairakhanda Shree Ma, the divine Mother of the Universe. A photo of this painting is enclosed in this book. Babaji is man, Babaji is woman, Babaji is God. OM NAMAH SHIVAYA is Babaji's real name. How can I write about This One and hope to make any sense?

I experience Babaji's humanity as more richly human than any other person I have ever met. And I experience his divinity as being in a class by himself although I still know that he is only spirit, mind and body like I am. I might say that his pure divinity makes him able to be human the way humans are really supposed to be. It is also true that I don't have a fully conscious personal identity back to the beginning of time like he does. It is expanding rapidly, however, and accelerating as a result of Babaji's presence and inspiration in my life.

The Bible says, "It is a fearful and wonderful thing to fall into the hands of the Living God."

I'd like to say another thing about Babaji's ordinariness. Ordinariness has always been my favorite word for spiritual enlightenment because I have always said, "God is so ordinary that nobody notices him!" So whoever is totally enlightened and immersed in God looks and acts as ordinary as a tree, a dog, a car, a flower, a rock, a piece of grass, a chair, or a coat. God looks perfectly natural.

Babaji doesn't interfere in the spiritual evolution or degeneration of the individual, usually, unless invited. He wouldn't bother me as much if I didn't go to herakhan at least once a year and bother him. My point is that Babaji has known us for hundreds and perhaps millions of lifetimes, for thousands of years. He is patient with us and is willing for us to make enough mistakes to kill ourselves over and over and over. His relationship to us survives death. His survival and ultimately his happiness is not influenced by our individual success or failure. In fact, he has put together this planet earth so that even the most diabolical and destructive maniac can't destroy it. Whole nations with their insane billions of dollar defense budgets can't destroy it. Instead, they can only destroy themselves. Regardless of how big or fast their machines or their budgets, without doing the simple spiritual practices which Babaji recommends nor remembering OM NAMA HA SHIVAIYA that cannot even protect themselves nor their own families. The presidents of all the nations of the world are powerless without the first most elementary teaching of Babaji.

In spite of the glory of Babaji, there are people in Herakhan Village who have no concept of who he is. There also may be people who are born, live and die within a mile of Babaji's residence and temple who have never seen him. Babaji can evidently put up with our ignorance forever without disturbing us with miracles.

In April 1981, I met a man who knew Babaji as the "Old Herakhan Baba" as he appeared in 1900 to 1922. Although, this man believed that the "new Herakhan Baba" was the same person, it was obvious to me that he was still almost totally perceiving Babaji emotionally through his old form and had little interest in Babaji as he is today. His attachment to the "old" Herakhan Baba blinded him to the new Herakhan Baba. In other words, Babaji can transform his physical body faster than his devotees can transform their minds and feelings about him. Babaji is not troubled by this, but gives people the freedom and space to progress at their own rate. Although Babaji is willing and able to give us all our hearts desire, He is the law of perfect liberty and freedom and will permit an evil heart to manifest its own destruction.

This is a very concise history and inadequate picture of Babaji. Millions of books have and will be published about Him. He is the eternal manifestation of our eternal glory. He is our Father in heaven and on earth who has not deserted us, but who in his infinite love not only sends his sons and angels, but comes himself. The reality of Babaji is so outrageous it fractures our credulity. He is so real, he destroys our separation. His presence makes all books and pictures irrelevant.

OM NAMAH SHIVAIYA
BHOLE BABA KI JAI
SHIVA HARA HARA BUM BUM
JAI MAHA MAYAKI

What else can I say? Go and see for yourself! Herakhan Village is near Haldwani, northeast of Delhi in India. Your Heavenly Father is now available on Earth to all his children in a human physical body. You don't even have to believe to see him. Sometimes, the most ignorant and skeptical people have the most beautiful experiences with him.



MY CHINESE
GIRL FRIEND,
"SPOOK," COULD
DO THIS.

A Few of Babaji's Miracles

The Aarati says, "God became man."

This miracle defies intellectual measurement and the scientific investigation of it is eternal. The merging of Babaji's humanity and divinity constantly stops the mind in infinity. This fact is either a fun experience or a frustrating one depending upon whether or not one's mind is ruled by pigeon-hole consciousness.

When I am around Babaji with an open mind, it snaps pictures of miracles 24 hours per day. But some people claim to see nothing unusual when they visit him except his human beauty and some people even miss this. I am not recording this list to convince anybody of anything. They mean something different to each person who reads the list. Here are a few miracles; figure them out for yourself.

1. Babaji materialized in full body form twice in the U.S. in 1976 to my friend, Diane Hintermann, out of a ball of light. On one occasion he touched her and talked to her. On both occasions he dematerialized while she was looking at him.

2. During 1977, while Diane was in Herakhan for seven months, Babaji raised her body off the ground in the manner known as levitation and moved her at least 100 yards without touching the ground across the Ganga River bed and set her down again.

3. During November 1977 in Houston, Texas, Babaji appeared to my physical vision while I was fully awake with my eyes closed without any expectation on my part for three minutes. I couldn't figure out how he got his whole body inside my eyeballs. The fact that I had my eyes closed and yet saw his whole body sitting in a lotus posture as a physical perception made it perhaps a greater miracle than if I had my eyes open and he materialized in front of me. I did a "double-take," as I couldn't believe my eyes, and I didn't realize that my eyes were closed until after the experience was over. He gave my body a beautiful warm glow that lasted for one week, a most wonderful unique feeling.

4 In 1978, Babaji and Ro Rigney were caught in an excessive downpour of rain. When they reached shelter, she noticed that her clothes were soaked to the skin and Babaji's clothes did not have a drop of water on them, although he was beside her in the same downpour.

5 In May 1979 and again in March 1981, Babaji caused my body to have no bowel movements for over seven days without any constipation. The first time I ate only fruit. The second time on some days I ate also nuts and all kinds of Indian food. Somehow he caused all my food to disappear from inside my body and a profound feeling of healing of my whole digestive system to occur from which I continue to benefit in many, many ways. At times I could feel the food just dissolve.

6. Each time myself and several of my friends who have gone to Herakhan with me have the experience that Babaji knows all the thoughts of all of us all day long

7. In about 1964, Mrs. Vimla Lal of New Delhi read the *Autobiography of a Yogi* by Paramahansa Yogananda while very ill in a hospital and had the experience of being healed by Babaji. A few years later she met Babaji near Ranakhet where Babaji initiated Leheri Mahasaya and Babaji took her to a temple in the wilderness where everything was miraculously provided for a service to the divine mother. At the conclusion of the service she desired to ring the bell in the temple but couldn't reach it. She was levitated by Babaji so she could ring the bell. After Babaji took her and her husband back to their taxi, he dematerialized.

8. Study the pictures in this book closely. Many of them have balls of light, some are double exposures on one shot, some have beings and images that did not appear to the photographer when the picture was taken.

9. In 1972 Babaji demonstrated to the satisfaction of an Indian court, that he was Herakhan Baba over a hundred years old although looking about 20 and therefore the legal owner of his property. His ability to reverse the aging process is clearly seen in the pictures.

10. In 1980 Babaji gave me the ability to transfer his blessing. On some occasions when I have done this people have reported seeing Babaji with their eyes open on the palms of my hands.

11. During my talks and seminars around the world, at least once a week someone reports to me that Babaji has appeared to them. Sometimes Babaji appears to them with Christ, and sometimes with other religion founders.

12. Supertramp, the musical rock group, has a beautiful song about Babaji on the album called "Even in the Quietest Moments." It was produced by the group without knowing that Babaji has a local address in the Himalayas.

There are millions of volumes that can be filled with reports of the miracles of Babaji's devotees. It is a miracle that it is possible to be a devotee of the Infinite, eternal living God in human flesh.

Babaji is an overflowing source of aliveness. The purpose of miracles is to increase people's personal energy, to make us more alive and more divine. Some people move and look as if they are "warned-over death" waiting to fall into a cold grave. Divine miracles, power, grace, mercy and spiritual practices exist for the purpose of filling our mind and body with abundant life.

Often while writing this book I get so high, I have to stop. I am receiving energy directly from Babaji that may have nothing to do with what I am writing about. You may have this experience while reading it. If you have taken the time and effort to read this far, Babaji may reward you beyond your expectations, perhaps he already has.

Each time Babaji takes an active physical part in the human drama, it is my understanding that the basis of his work is to crank up the energy in the human minds and bodies. This power benefits everyone including people who are ignorant of it. This energy and aliveness is invisible, but it is felt by everybody. Whether as Shiva, as Ram, Krishna, Goraknath, Munindra, Lama Baba, or any of his unrecognized millions of appearances, he uses the games of life to raise our consciousness and our enjoyment of spirit, mind and body. He uses religion, politics, T.V. and movies, yoga teachers, educational systems, business people, rebirthers, books, and self-improvement games.

If you watch Babaji when he is sitting in the temple in Herakhan or anywhere, you can see that while being totally present with you and everyone around, he is also busy all over the world and the universe at the same time. Some of the results of this interaction of his body with the world can be seen by viewing the changes in his body from 1970 to 1980, that are portrayed in the photographs taken in these years. Obviously, Babaji can control what happens in his body, but he gives us glimpses through it and teaches us so much and so fast with his body.

These energy increases in the world accelerate healing on all levels, spiritual enlightenment, the fullness of love, yoga mastery, and the advent of heaven on earth or physical immortality. These energy increases also destroy evil and everybody who clings to their negativity. Moses said it, "This day you must choose life or death." There may not be urgency, unless you create it with

your thoughts, but the messages are the same in all Scriptures and by all world Saviours. When Babaji said, "The only people who will be saved are those who do spiritual practices," he was not making a profound prophecy. He was declaring the simplicity of the way it has always been.

Each person must think, breathe, serve, remember OM NAMAH SHIVAYA, and do enough practical, spiritual purification to let this divine energy into our body as well as our mind. The earth really is heaven and everybody who doesn't figure this out will have to leave. If we practice enough yoga to realize physical immortality, we will be around to welcome Babaji each time he comes in a physical body.

The greatest miracle of Babaji is invisible. It is this subtle raise in our personal aliveness that makes our participation in the human drama worthwhile and satisfying. It is subtle and invisible, yet we feel it and benefit from it everyday. It is OK to notice it and to praise and thank Babaji. You can do it right now in your heart and mind. You can do it by singing the Aarati. You can do it by sharing this book and pictures with people. You can do it by traveling to Herakhan, the holiest place on earth, to visit the holiest person on earth.

My energy body and my psychic ability has become so sensitive that I immediately feel the emotions of another person in my presence. On the one hand, this is a wonderful talent. On the other hand, this talent can make me very uncomfortable when I am in a crowd of people who haven't practiced much spiritual purification and therefore have lots of misery in their emotional body and pain in their physical body. Sometimes when I do a long airplane flight, it has taken me several days to clean and rebalance my energy body as a result of the crowded airplane cabin and the negative minds I contact.

In March 1981, when I visited Babaji, I began to complain in my own mind about excess people energy I was processing. I decided that if it got too heavy I would cut my visit to Babaji short and return to my home in Sierraville, California, which is in the country where I have plenty of privacy and space. Almost immediately after thinking this, Babaji altered my energy body so that I felt I was in a bubble each time I was in the crowded temple with him so that it was always a pleasurable experience for me no matter how crowded it was. While we were in Vrindabhan Vindsbar the temple was usually like a sardine can. At times he would release this protective energy so I could remember what it was like without it. At other times he would heal someone in the temple and throw their energy to me so I could assist in the healing which, though momentarily painful, was fun and interesting.

I'm sure there is no one on earth who is such a total master of energy as is Babaji. He can instantly create, dissolve, move, or change energy and matter with his thoughts. When I talked to Babaji about my difficulty on airplanes, he said the solution was more chanting of OM NAMAH SHIVAIYA. Also during this same trip to India, I was told by other yogis that saying the same of God consciously for 24 million times would make a person the master of the physical universe.

Whether as Ram, as Goraknath, or as Herakhan Baba, the games he uses to raise the aliveness of people to save the human race from overt mass destruction are called lilas. The oil "energy" crisis is a lila of Babaji, the hostage crisis, natural and human disasters are lilas for the purpose of awakening us. But the ordinary methods of spiritual purification are the most powerful lilas that increase our aliveness and save nations as well as individuals from destruction. The fasting inspired by Jonah saved the people of Ninevah.

New spiritual enlightenment movements as well as revival inside the old orthodox religions are the proper and most pleasurable instrument of salvation. Teaching single spiritual purification exercises, in schools and through governments, can be the most effective means to heaven on earth. The only principle that Babaji teaches publicly to everyone is the remembrance of God through the repetition God's name OM NAMAH SHIVAIYA. This name is Babaji's name. It is also your name and my name. The constant repetition of OM NAMAH SHIVAIYA evokes the presence, power, aliveness, and energy of God in human consciousness.

Although Babaji supports other practices of Yoga, I don't think there is any one practice that he recommends to everyone, but he recommends various things to individuals who are willing to do them.

Water and Air Purification

The following purification is to be done in solitude. Twice a day, repeat the process as below, three times to complete the process.

1. Fill the tub with water.
2. Start connected breathing rhythm, inhaling and exhaling through your nose.
3. Place one foot into the water while breathing.
4. Continue breathing until physical and emotional changes are integrated.
5. Place other foot into the water and continue breathing until changes are integrated.
6. Sit down in tub, continue breathing until changes are integrated.
7. At this point you may notice, that the exhale is full of excretory material.
8. Continue breathing until the exhale becomes lighter, more balanced and freer.
9. Lie back in the water up to your neck, continue breathing until the exhale becomes light and relaxed.
10. Put your crown-chakra (top of head) into the water, continue breathing until you have integrated the energy changes.
11. Put your forehead under the water, with only your nose and mouth out and continue breathing in this position until you feel totally relaxed and your energy body feels clear, clean and balanced. Notice where your energy center is.
12. Experiment by putting your feet out of the water while maintaining the connected breathing and notice the differences in the energy body.
13. Reverse the procedure. Take your head out, sit up, stand up, step out of the water, one foot at a time, keep your breathing connected. Repeat this 3 times.
14. Notice if jaw is relaxed, shoulders, legs, pelvis, etc? Have fun with the procedure. Give yourself plenty of time! There is nothing like a clean and balanced energy body.

Notes.

1. Getting out of the water and completely back in three times processes a lot of psycho analytical feelings of your past — mainly in fancy feelings.
2. Infancy feelings are usually more significant and more solid than birth trauma. They are feelings of helplessness and hopelessness in your physical body. Each time you do these exercises you will dissolve some of these feelings.
3. Always breath through your nose at least 90% of the time. Not only during conscious breathing sessions, but 24 hours of every day.
4. Most breathing should be done with your lungs by expanding your upper chest, not with the diaphragm.
5. When you do breathe in your belly, imagine a string tied to your navel pulling up. Not only does your belly expand, but the expansion should be felt in your chest, legs, feet, and head. It feels like your whole energy body expands like a balloon on the inhale and contracts on the exhale. You should pull your navel up and then drop it.
6. Your exhale should not be controlled.
7. When you breathe through your nose, the energy that moves in your body cleans the nervous system as well as the circulatory system. Breathing through your nose is much more efficient than breathing through the mouth. Someone did a study and noticed that most of the people in mental hospitals were habitual non-breathers.
8. The value of mouth breathing is that it releases certain feelings stuffed in the belly. But it usually doesn't release them completely without finishing the releasing process with nose breathing.
9. When your energy body is emerged in water the energy wheels of your aura are being cleaned by the water. Somehow, when you combine conscious breathing with bathing it increases the efficiency of both.
10. Practicing this air, water purification process in warm water produces completely different results than in cold water. Try different temperatures and see what you learn. Warm means anything over 98.6° and cold means anything under 98.6°.
11. Once you've mastered the breathing rhythm in cold water you can go into water 30° Fahrenheit, 10° Centigrade without experiencing discomfort.
12. Water purification gives you an opportunity to experience the physical universe directly instead of your thoughts and fears about it.
13. The key to water purification breathing is to relax on the exhale. Another key is to take your time on the inhale and to relax on the exhale.

Newspaper Article from Sundesh Sagar-Haldwani Dated January 26, 1972

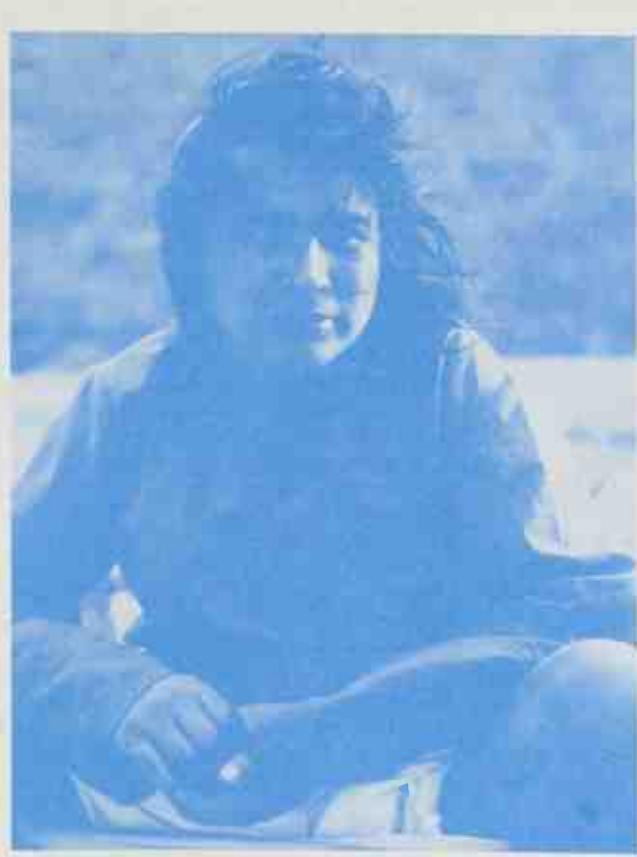
Shree Natin Maharaj Goes for Darshan of Baba Herakhan

On the auspicious day of January 14th (Makar Sankranti) at the sacred place called Surya Devi, which is situated about 14 kilometers from Haldwani in a thick forest, Shree Nantin Maharaj went to meet the manifestation of Shiva Shree Baba Herakhan. Hence the devotees of both the great saints had a chance of the darshan of the two great saints and their doubts about Baba Herakhan were removed. The meeting of the great saints was like a boon to the world because it opened a door towards enlightenment and the truth was given to the people. The whole description of the meeting was as follows:

When Baba Herakhan came to Haldwani in the month of August there was a strong rumor that he was an imposter and illegally had taken hold of the temple and the land of Kathgharia. At this time Shree Nantin Maharaj had told his favorite devotee, Shree Maheshchandra Bhatt that Baba Herakhan is a manifestation of Lord Shiva. He has also told that he is the same old Baba Herakhan who was in the public eye 54 years before, and he has rejuvenated his old body in a young man's body. The people did not believe it and thousands of people have seen him, but the doubt still remains in their minds.

On the 12th of January, Shree Maharaj came to Haldwani and expressed his desire to go to Surya Devi on the 14th of January to meet Babaji. The public was surprised and happy. The news traveled like lightning throughout the whole city. With great eagerness and curiosity people went to Surya Devi from the neighboring cities. On the 13th of January at 10:00 A.M. Shree Nantin Maharaj asked Maheshchandra Bhatt to arrange a meeting of journalists. Shree Maheshchandra told the editors of the newspaper that Baba Herakhan has collected the complete cosmic energy within himself, and thus he has appeared before the world to give light. He told the editor that millions of people have visited him, hence I am also going to see him. He also asked for a photograph of Baba Herakhan from the editors, San Deshagr.

Shree Nantin Maharaj reached Surya Devi at 1:00 P.M. with Maheshchandra Bhatt and other devotees and about 10 feet away from Baba Herakhan's asan (seat) and sat in a meditational position. Babaji had not arrived. The devotees of Shree Nantin Maharaj



1979

and others were chanting and doing arti to him. In the meantime Babaji arrived at 5:00 P.M. from his ashram Vishva Mahadham Herakhan which is about six miles (nine kilometers) from Surya Devi. The moment he arrived all the people started hailing him and the chants became intensified. The moment Baba passed by Nantin Maharaj he did not even glance at him and Shree Maharaj kept on playing with flowers and turned his back towards Babaji. This incident aroused curiosity in the people's minds. The moment Babaji reached his asan the devotees started his arti and the chants started (arti is worship service). For about a couple of hours this continued and people were mumbling their doubts about what is going to happen.

After this, Shree Nantin Maharaj left for his evening bath towards the river bank. In Baba Herakhan's room, Babaji was sitting with a smile on his face and the prayers continued. After an hour Shree Nantin Maharaj returned to his meditation after his evening prayers. Nobody had the courage to ask anything.

About 8:00 P.M. Baba Herakhan was informed that Shree Nantin Maharaj had also come to Surya Devi. Without any reaction Babaji said that dinner should be served to Shree Nantin Maharaj. When Babaji was told that he eats only fruits, they were asked to serve fruits to him. Shree Maharaj was served the fruits and he partook of it, and

again started his meditation without commenting anything. More than 1,000 people had dinner.

After dinner the chanting was again begun by the devotees. The editor of the paper, Sandesagr, approached Baba Herakhan and asked him when he was going to see Nantin Maharaj. Babaji said: "Nantin Maharaj is coming here." After an hour the same question was raised. Babaji showed the garland of flowers and said that they should be offered to Nantin Maharaj. After this offering was done, Nantin Maharaj still did not come. Still more time passed and nothing happened. Hence the editor asked Babaji: "When is Nantin Maharaj coming?"

So Babaji replied: "Continue with the chants and he will come." When some more time passed and no sign of Nantin Maharaj's coming had occurred, Babaji told the devotees to retire to their respective rooms and come when Nantin Maharaj appeared. Afterwards, the editor, Shree Punt, went to Nantin Maharaj and offered his respects. Shree Punt asked Nantin Maharaj when he was going to meet Baba Herakhan. Shree Nantin Maharaj replied: "I wish to go, but I do not know where Babaji is." When Nantin Maharaj was shown the room of Babaji, Shree Nantin Maharaj replied that the time had not yet come. Every fifteen minutes Nantin Maharaj was asked the same question, and suddenly he was ready to go. He col-

lected five different fruits, five kinds of sweets, five rupees, five dried fruits and a garland of flowers and got hold of Shree Punt's hand and started walking towards Babaji's room. The whole atmosphere was full of "hails" towards both the saints.

Shree Maharaj offered his gifts at Babaji's lotus feet and garlanded them with flowers. Babaji offered a seat opposite him and both of the saints were lost in deep silence and meditation. It was obvious that no verbal exchange was necessary and still they were in communication with each other. All the people around were silently watching the whole scene and a kind of spiritual aura was prevalent in the atmosphere. This continued for an hour and afterwards the whole place was full of chanting of *Om Namaha Shabai* sounds. Somebody wanted to take a photograph of the scene, but as there was no flashlight available, they tried to collect enough gas lamps to take the picture. Nantin Maharaj suddenly got up and expressed his desire not to be photographed and went back to his room.

Shree Nantin Maharaj was asked by an old lady: "What did you see?" There were thousands of people around so they all listened to the conversation and burst into loud laughter. Shree Nantin Maharaj said he saw Babaji, a very, very old man. At this the people started laughing and they commented: "Why, you are an old man and Babaji is a very young man." Shree Nantin Maharaj again replied: "I am but a child and Babaji is an old man, and he has conquered nature completely with his divine powers, and he is a manifestation of Shiva. He has rejuvenated his old body into a young one and he is immortal and the controller of the universe." After some years Babaji would take the form of a five year old child's body.

On the 14th of January after early morning bath, Babaji and Nantin Maharaj met for an hour and again their silence was continued. Neither spoke to the other, and those there took in the whole scene while lost in contemplation.

Afterwards Shree Nantin Maharaj came back to Haldwani. The people's doubts and curiosity about Baba Herakhan were removed and a new chapter started for world peace and tranquility.

Statements by Mrs. Patricia Tilke

The following is what Patricia Tilke (she doesn't mind her name being quoted) of Cranbrook, Kent, England, said in February/March 1977 on seeing three photographs of Bhagwan Herakhan.

1. Very sensitive and very easily offended, very musical. He is stepping from one consciousness to another. He has exposed many wrongdoers, he works in the background, through others. He knows a lot about astronomy and the starry galaxies. All

the planes have been greatly touched by his influence. He is a very old soul. His vision is extraordinary. I don't mean his physical vision, that is not very good really. He has been to the earth many times. He possesses an extraordinary auric radiation — a radiation that in some cases literally forbids certain people to come near. I see as it were spokes or rays emanating from him which keeps the people (he doesn't want) away. Such a strong auric force that it's almost as if he has an electric fence around him. It sends people off. One incarnation at least has been in the North Snow in a very cold climate far North. He seems to know quite a lot about literature. I don't say he has read but he knows. A lot of reciting is done where he is, long long odes, all in verse. He has a mixture of temperaments and is very self analytical; almost as if he feared doing the wrong thing all the time. Nothing is sufficiently perfect for he is such a perfectionist. In fact so self-critical, that the evolution of the soul could be slowed down in amounts almost to self-abnegation. He goes back to the time when the earth divided from another body — I get a picture of the earth pulling away — pear shaped and then becoming round as it goes on. He is now between two States of Consciousness. He is not a true Indian. He is no race; he could be anything. He has no desire for fame — is not materialistic, but can clothe himself in a material vibration. I get something to do with weavers.

2. He has tremendous power and influence. He does a lot of astral travels. His body has disintegrated many times. I have a strong impression that...it's funny...his face gives me the impression of not being ordinary flesh and blood — he is not constructed the same as we are; as if he were a hollow statue with no real flesh and blood inside but just a form. Yes, I get a tremendous impression of not flesh and blood; he is more or less an illusion, a force, a vibratory force; very peculiar. He has great concentration and it's almost as if he's come to life from what might have been just a statue. He has seen the beginning of creation but not in this form. There is an old man with him, on the spirit plane, with a long flowing pointed beard who helps him in the background. He too has tremendous power and is not an Indian but comes from further West...almost European, wears a sort of Church robe and a mitre on his head. He (Babaji) knew Joseph of Arimathea. One of his incarnations traces back to Glastonbury. He carried a censer at religious ceremonies. He has great love of flowers and birds. They come to him; he can tame animals. He has knowledge of Shakespeare not by reading, but in his brain. He is a great rebel, and is always against convention and the accepted situation. Not orthodox, of no particular religion. He scatters many rays; almost anybody who comes to him is healed.

Dear Makkhan Lal,

Babaji sends you his blessings and the following precepts to underline your teaching work of *Truth – Love – Simplicity*:

In every field of our life of inquiry we should be alert to the creation of an atmosphere of harmony and a search for its realization: for instead of satisfaction in the enjoyment of the plenitude of worldly objects, every success brings about new desires, more and more discontent results, carrying with it all men alike.

As soon as we are mentally connected with the Supreme Power (Babaji) and our mind is absorbed in God, we are filled completely with divine glory; the great saints, seekers and teachers of all times were like God Himself.

What the mind conceives, the eye should see, the ears should hear, the tongue should tell. Inner purification is necessary, like taking a bath, or sweeping our room. For this the practice of endurance and patience, as well as the constant mindfulness of God, is necessary, whereby we may regard the vicissitudes of this world as a spontaneous expression of the Lord's divine performance. By constantly remembering God through his name (*Om Namaha Shabai*), our mind will be directed more and more towards Him, and God will soon fulfill our needs, being bound by the string of sacred remembrance. The psychological fact is that no other mode of practice influences our mind as quickly and perceptibly as the constant pondering over a subject does in deepening its impressions. Our hesitating and deluded mind has to be surrendered to God. When the condition of the world is so uncertain, how much wisdom is there in frittering away this precious human life, in merely collecting and preserving worldly material?

Therefore first find some time for God, making the mind devoted to His name (*Om Namaha Shabai*). Although mankind has made wonderful discoveries, he has failed in developing the truly human qualities within him:

— Man is all mind and his form is in accordance with his mind. — Yours in devotion to Babaji.

* * *

Conclusion

Babaji is as great as you can conceive, which makes you the conceiver of Babaji. Nevertheless, he still dwells in the fullness of body, mind and spirit in his ashram in Herakhan. Therefore, he must be greater than you can conceive because he also has a mind of his own and comes and goes as he pleases. He materialized a body in 1970 so we can visit him and learn from him. He has predicted that he will dematerialize about 1990 and be gone, for 300 years. Time flies, if you desire to see him, go now! Go while you are thinking of it; if you have lost your ability to dematerialize and rematerialize your body you have forgotten God. If you don't go see Babaji now and resurrect truth, simplicity and love inside you now, you will forget Babaji also.

It is OK for you to be another casualty in the universe again. But it is also a waste. A waste of divine bliss, of wisdom, of grace and of divine beauty. The kingdom of God is not built by sluggards.

Babaji's presence illustrates the foolishness of preaching spoken of in the following Bible texts:

"The Earth is full of God's glory so that no one will say to neighbor, know the Lord. For all shall know Me from the least to the greatest."

"It pleased God to use the foolishness of preaching to save those that believe."

Since God dwells in the heart and soul of every person, to preach is foolishness, and it still works."

Bible Quotes

Psalm 68:11

"The Lord gave the word: great was the company of those that published it."

Isaiah 52:7 & 9

7 "How beautiful upon the mountains are the feet of him that bringeth good tidings, that publisheth peace; that bringeth good tidings of good, that publisheth salvation; that saith unto Zion, Thy God reigneth!"

9 "Break forth into joy, sing together, ye waste places of Jerusalem; for the Lord hath comforted His people, He hath redeemed Jerusalem."

Romans 10:18

"But I say, Have they not heard? Yes verily, their sound went into all the earth, and their words unto the ends of the world."

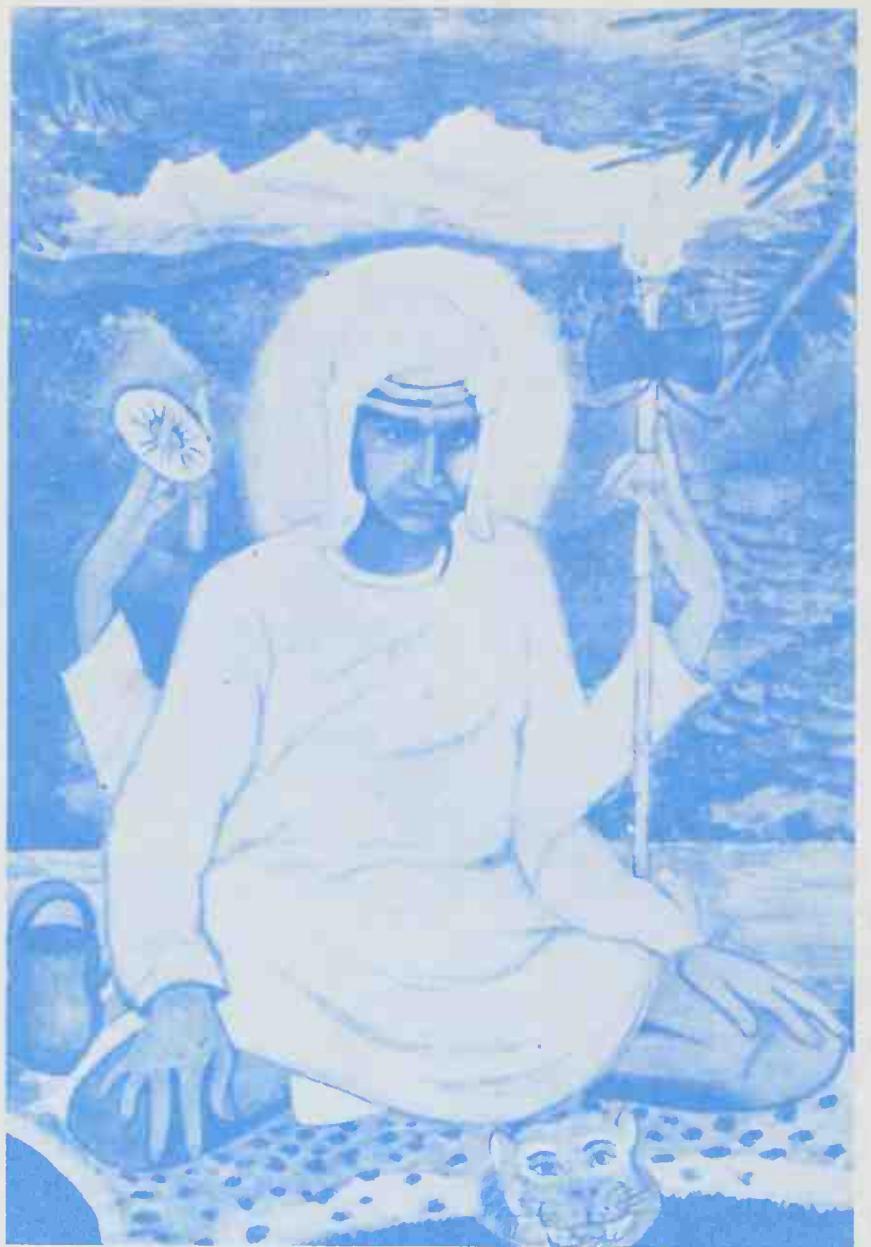


1970

To demonstrate his mastery of yoga, Herakhan Baba sat in this position for 45 days without moving. No food, no exercise, no bathroom, no talking, etc. Great inspiration and wisdom comes from meditating on this picture and what it represents.

"The ability to dematerialize and rematerialize the human body (transfiguration) answers all questions about immortality."

The location is Mount Kailash, near Haldwani in 1970. Shri Shri 1008 Shri Bhagwan Herakhan Wale Baba, P.O. Herakhan Vishva Mahadham, Via Kathgodam Distt. Nainital (U.P.), Pin Code 263126, India.



1300's Tiru-Jñana Sambandhar

Even among saints infant prodigies are rare. God-love and God-vision usually come to one when one is mature. Although God who is the ultimate spiritual value is eternal, it takes time to realize him. And with most people it takes a long time because the method they adopt is that of trial-and-error and the path itself is difficult to tread. In some exceptional cases, however, there is a direct hit at the target — and that at one bound. We have an illustration of this rare event in the life of Tiru-Jñana-sambandhar

(early seventh century a.d.) one of the four *śamaya-ācāryas* (teachers of the Śaiva faith) of Southern Saivism.

The canonical works (*Tiru-murai*) of Southern Śaivism are twelve in number, as compiled and arranged by Nambiāndar-nambi, who lived in the reign of Rajaraja Cola I. The *Tevaram* hymns sung by Tiru-jñana-sambandhar. The twelfth *Tiru-murai* is the *Periolnām* whose author was Sekkilar, also known as Arul-moli-dévar, prime minister to the Cola king, Anapāya

(A.D. 1063-1112). Here the lives of the sixty-three Śaiva saints (*nāyanmārs* or *Adiyārs*) are given; the story of Tiru-Jñana-sambandhar occurs in chapter six. Paying obeisance to the Śaiva saints in his *Tiruttondat-togai*, Sundarar refers to Tiru-Jñana-sambandhar as 'my lord Sambandhar'. A similar reference is to be found in Nambiāndar-nambi's *Tiruttondar-tiruvantādī* which is a work based on Sundarar's *Tiruttondat-togai*.

Tiru-Jñana-sambandhar was born in Śirkāli, also known as Brahmapura, not far from Kumbhakonam in the Tanjāvūr District. His father, Śivapādahṛdayar, and mother, Bhagavatiyār, were pious Śaiva Brahmins, devoted to the worship of Siva and the service of the saints. It was after a long period of penance that Sambandhar was born to them. A miracle happened when the boy was but three years old; and with that his career as a saint commences. One day the father took his boy along with him, as he went for a bath in the temple-tank, Brahmatirtha. Leaving the child on the steps, he entered the water and had a dip. Not seeing his sire, Sambandhar began to cry, gazing at the temple-tower. He called out 'O Father! O Mother!' In response to his call, Lord Siva appeared with his consort Umā and asked her to feed the crying child with milk. Umā gave her breast-milk in a golden cup to the child. The child received it and drank it and became endowed with divine wisdom. Presently the father came out of the tank and saw the trickle of milk from his son's mouth. He thought that his son had become polluted by the feed of milk given by some unknown woman. Brandishing a rod, he was about to punish the child, when the child pointed out to the sky in the direction of the temple, and broke into song proclaiming that he had been saved by the Lord in his *Ardbanārīśvara* form. The father could not have this vision; for he was not yet ripe for it. But he was convinced that his son had attained sainthood by the Lord's grace. He followed him into the temple. By this time the news had spread, and a crowd had gathered, which also accompanied the child-saint to the temple. The child continued to sing the praise of the Lord; the first decade of songs was completed in the temple. As the child came out, the father took him on his shoulders, and carried him home.

From now on begins a life of ceaseless spiritual ministrations for Tiru-Jñana-sambandhar. The name itself signifies the spiritual illumination he had received as a boy of three. The meaning is 'the one who became related to divine wisdom'. Sambandhar also came to be called 'Āluḍaiya Pillaiyār', the son who had been saved. Accompanied by his father, the boy visited the sacred shrines of Siva in Tamil-nadu, singing songs in praise of the Lord. Miracles happened wherever he went. These were regarded by him, not as manifestations of his powers, but as the signs of God's grace. Siva bestowed upon the boy His blessings, and

through him made the true faith take deep roots in the hearts of people.

The boy went about singing, and beating time with his tender hands. At Tiukkolakkā, the Lord sent him a pair of gold cymbals with the sacred *pañcākṣara* inscribed, so that with them he could keep time to his songs. Even before he started on his first round of visits to the shrines in the neighboring towns, he was joined by a minstrel, Tiru-nilakantha-yalppanar who volunteered to accompany him and play his songs on the lute. At Cidambaram, the young saint saw a vision in which the 3,000 Dikṣitars appeared as so many Śivagaṇas. These early journeys were performed by Sambandhar either by foot or as seated on his father's shoulders. At a place called Tirunelvāyil-aṭathūrāi, Śiva caused a pearl-palanquin to be presented to him, along with such regalia as the ceremonial umbrella and the conch-shells. This symbolized the ascension of the saint to the status of a spiritual teacher. From then on he traveled in state, continuing to proclaim the glory and the greatness of the Lord. Tiruccēyñalūr is the celebrated place where Candeśvara Nāyanār had lived. Visiting the shrine there, Sambandhar sang the praise of the Nāyanār and his acts of devotion and piety. After halting for short periods at other holy towns on the way, Sambandhar with his followers including his father returned to Širkālī where he was received by the entire people of the town headed by his own mother.

At the appropriate time, Sambandhar was invested with the sacred thread. Of course, there was no need for him to be initiated into the sacred lore; for he had already obtained the knowledge that is to be found there. The scholars and priests that had come for the *Upanayana* ceremony were astonished at the precocity and wisdom possessed by the young saint. Instead of their instructing him, they received instructions from him in matters relating to the teachings of the sacred books.

One of the most moving events in the life of Sambandhar is his memorable meeting with Tiru-navukkarasu, also known as Appar, another of the four *Samaya acaryas*. Tirunāvukkaraśu had heard about the boy-saint of Širkālī. Wanting to meet him, he went to that place. Hearing that the elder-saint was coming, Sambandhar hastened to receive him. They exchanged courtesies, and began to like each other immensely. Together they traveled several times to the holy shrines of Śiva. The pious folk at each of these places enjoyed their company and benefited greatly by their august presence.

Starting out on another round of pilgrimage, Sambandhar suggested to his father that he could stay at home. But the father would not consent to be left behind. The saint had to take him along. After visiting several shrines, the party arrived at Tiruppaṭṭīśwaram, where an act of miraculous healing was performed by the saint. The daughter of the local chief, Kollimalavan,



1840's

was afflicted with a mysterious disease which was not yielding to any treatment. Being a devotee of Śiva, he took his ailing daughter to the temple and laid her before the image. Presently, the news of Sambandhar's visit to the town reached him. He ran to the saint and implored him to save his daughter. The saint entered the temple, saw the pitiable condition in which the girl lay, and sang a *padigam* (a decade of verses) in which he appealed to the Lord to come to the girl's succor. Lo! the miracle happened, and the patient was made whole.

The saint next proceeded to the Koṅgu region of the Kāverī. It was winter-time then, and a type of malignant fever was raging in that area. When the saint was informed of this, he sang a sacred hymn which begins

thus: "Oh, ye who ever think in terms of Karma; is it not injurious to you not to seek to do that deed which will save you? Let us devote ourselves to worship of His Feet in humble ways. By His Blue Throat (then you can be sure) no deed can have the power to bind us." Thereupon the fever disappeared from that region. Turning south, the saint visited many a shrine, and when he reached Tiruppaṭṭīśwaram it was hot summer time. Here as a protection against the sun a canopy of pearls arrived, miraculously sent by Śiva. The saint's attendants henceforth bore the canopy over him in order to afford him cool shade.

Śivapādahṛdayar, the saint's father who had been accompanying him so long, now felt that the time had come for him to go



few other saints. At Tirunallāṭu he saw Tirunilanakka Nāyanār and enjoyed his hospitality. At the invitation of Siruttōṇḍa Nāyanār, he visited Tiruccēṅgāṭāṅguḍi and sang a hymn in the Ganapatiśvaram temple. At Tiruppugalūr, he was entertained by Muruga Nāyanār.

The most important event in the life of Sambandhar was his visit to Madurai, the capital of the Pāṇḍya kingdom. In fact, that completed his life-mission, which was to re-establish the Śaiva faith. In Madurai, at that time, the Jainas were all powerful; they had converted the Pāṇḍya king, Kūn Pāṇḍya; and many of the people had followed the example of the king. The king's wife, Mañgaiyarkaraśa, and prime minister, Kulacīrāiyār, however, stuck to the Śaiva faith, and were praying for a reversal of the state of things in Madurai. The news of Sambandhar's teachings and acts reached them. They sent emissaries to Maraikkādu (Vedāraṇyam) where the saint was camping at the time along with Appar. The messengers conveyed to Sambandhar the request of the Pāṇḍya queen and of the prime minister that he should consent to visit Madurai and help to re-establish Śaivism. He readily agreed. Appar said, out of his affection for the young saint, that he should not go to Madurai, as the Jainas might do him harm. When Sambandhar was firm in his decision, Appar said that the planets (grahas), etc., were not auspicious. But Sambandhar reminded Appar that while Śiva's grace was there nothing untoward could happen. It was on this occasion that he sang the well-known decade known as Koṭaṇu padigam which begins thus: "As the blue-throated Lord who wears the faultless Crescent and the Ganges on His Head and who plays on the Viṇā has entered my heart with His consort, the nine grahas will be auspicious to His devotees." Appar wanted to go to Madurai in advance. Sambandhar requested him to stay on in the Cōla territory while he went to Madurai to fulfil his mission.

As Sambandhar with his entourage approached Madurai, the prime minister went to the outskirts of the city and received him, and conducted him to the Śiva temple where the queen was waiting. After offering a hymn to the Deity and words of consolation and good cheer to the queen, the saint with his followers retired to a monastery where arrangements had been made for his stay. The Jainas got scent of the arrival of the Śaiva saint; they reported to the king and warned him. They also informed him that by their magic power they were going to set fire to the building where the saint was staying. But try as they might, they could not accomplish their end by magic. So, they lighted a fire in the ordinary way, and the followers of the saint put out the fire and told the saint what had happened. Sambandhar sang a hymn in which he prayed 'Let the fire started by the Jainas slowly take hold of the king!' In answer to this prayer, the Pāṇḍya

1911

back to Sirkali and perform a Vedic sacrifice. But where was he to go for procuring the money that would be required to accomplish his desire? Sambandhar went to the temple and sang the song which begins thus:

'In trouble and in weakness,
and when pain
Afflicts, I seek Thy Feet, and
worship Thee'

A heavenly messenger brought and presented to the saint a thousand pieces of gold which he gave to his father for the purpose of meeting the charges of the sacrifice.

Many more miracles followed. A young merchant who had died of snake-bite was

brought back to life. There was a famine rampant in the Kāveri delta area. At this time Appar also was with Sambandhar. The two saints were commanded by the Lord to go to the temple every day to find enough money to distribute to the famine-stricken people. This miracle went on till the rains came and there was plenty in the land again. At Tirumaṭaikkādu the main door of the Śiva temple had always remained closed. Requested by Sambandhar, Appar sang a hymn to make the door open. And as suggested by Appar, Sambandhar prayed in a hymn so that the door might close again.

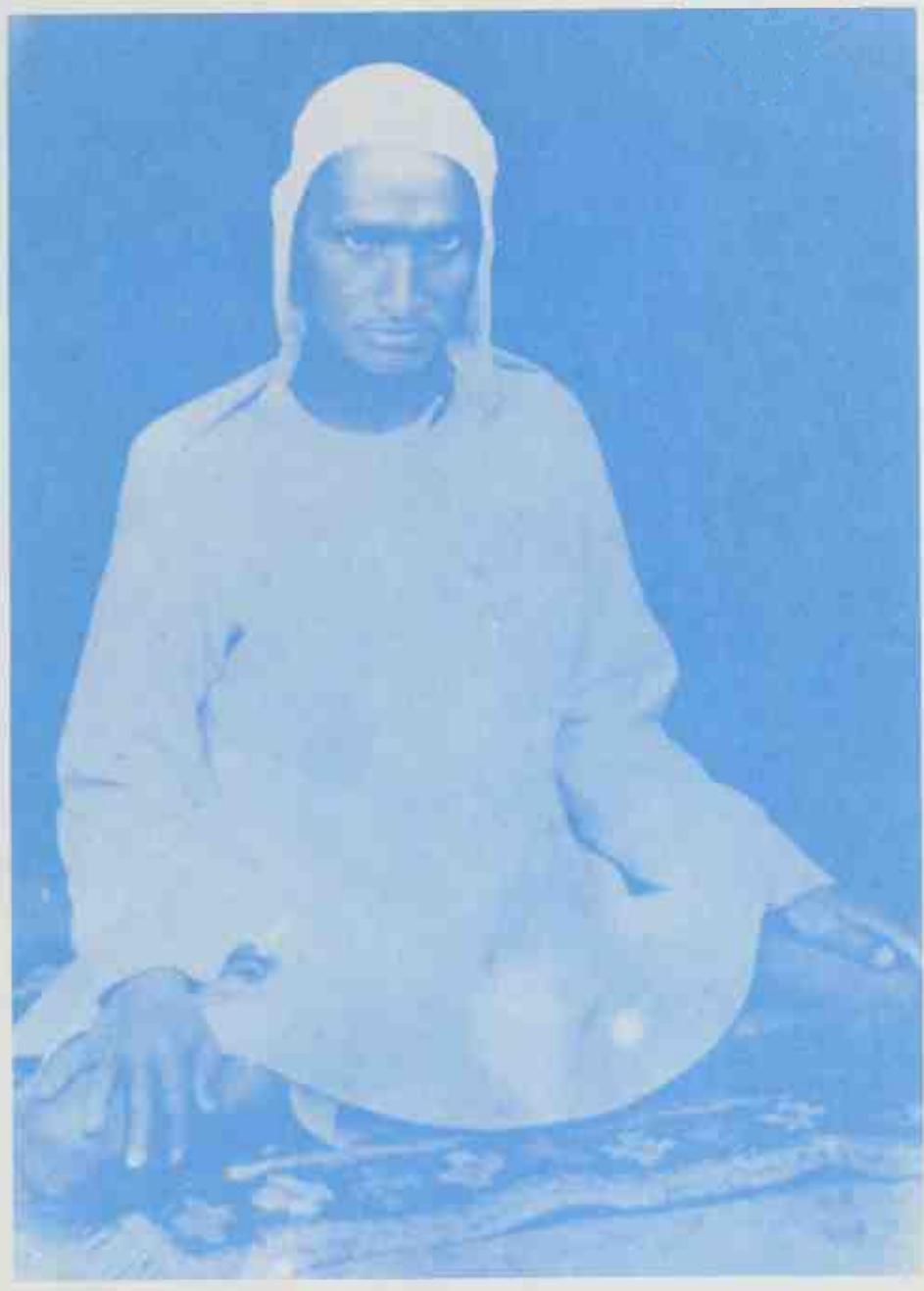
About this time Sambandhar met a

king became afflicted with a burning fever. The queen and the prime minister hastened to his side. The physicians were called in. All possible remedies were tried. There was no abatement of the fever. The Jaina monks came and employed their arts. They stroked the king's body with peacock-feathers, and sprinkled holy water on him. The fever only increased. Unable to bear the agony, the king got angry and ordered them to get away.

At this moment of crisis the queen and the prime minister made the king consent to invite Sambandhar who alone, they were convinced, could effect a cure. Even as he heard the name of the saint uttered in his ear, the king felt a change for the better in his condition. The queen and the prime minister approached Sambandhar and invited him to the palace. The saint went to the temple first and invoked the Lord's grace. Then he agreed, at the suggestion of the king that the Jainas and Sambandhar should effect the cure in the left and right sides respectively of the king go unchallenged. It was finally agreed, at the suggestion of the king that the Jainas and Sambandhar should affect the cure in the left and right sides respectively of the king's body. The former made their attempt first; the fever in the left side increased. Sambandhar then prayed to Šiva and smeared the right side of the king's body with the sacred ashes, singing the glory of the ashes in a hymn. The fever left that part of the body and migrated to the other part, where it became unbearable. The king declared that the Jainas had lost the contest, and turning to Sambandhar, entreated him to heal the left side of his body also. The saint applied the ashes to that side, uttering the name of the Lord; and the king recovered completely.

Then followed two more tests; and in each case it was the Jainas that laid down the conditions and rules. There was the test by fire. Sambandhar took out a palm leaf whereon one of his hymns had been written, and consigned it into a burning fire. The Jainas wrote out their doctrines on a similar leaf and threw it into the same fire. The former remained fresh, while the latter was burnt out. Then came the water test, which was that the palm leaf whereon the true doctrine was inscribed would go against the current when thrown into flowing water. The Jainas cast a palm leaf into the waters of the Vaigai. Sambandhar wrote a hymn on a palm leaf and placed it in the same waters. The former went down the river, whereas the latter went up and was recovered when the saint stopped it at some distance, upstream. The victory for Saivism was now complete. The king became a Šaiva again, and along with him the people of the kingdom in large numbers went back to their original faith.

Before the saint left Madurai, his father arrived from Širkāli to witness and enjoy the triumphal progress of his son's mission. The saint with his followers went south as far as

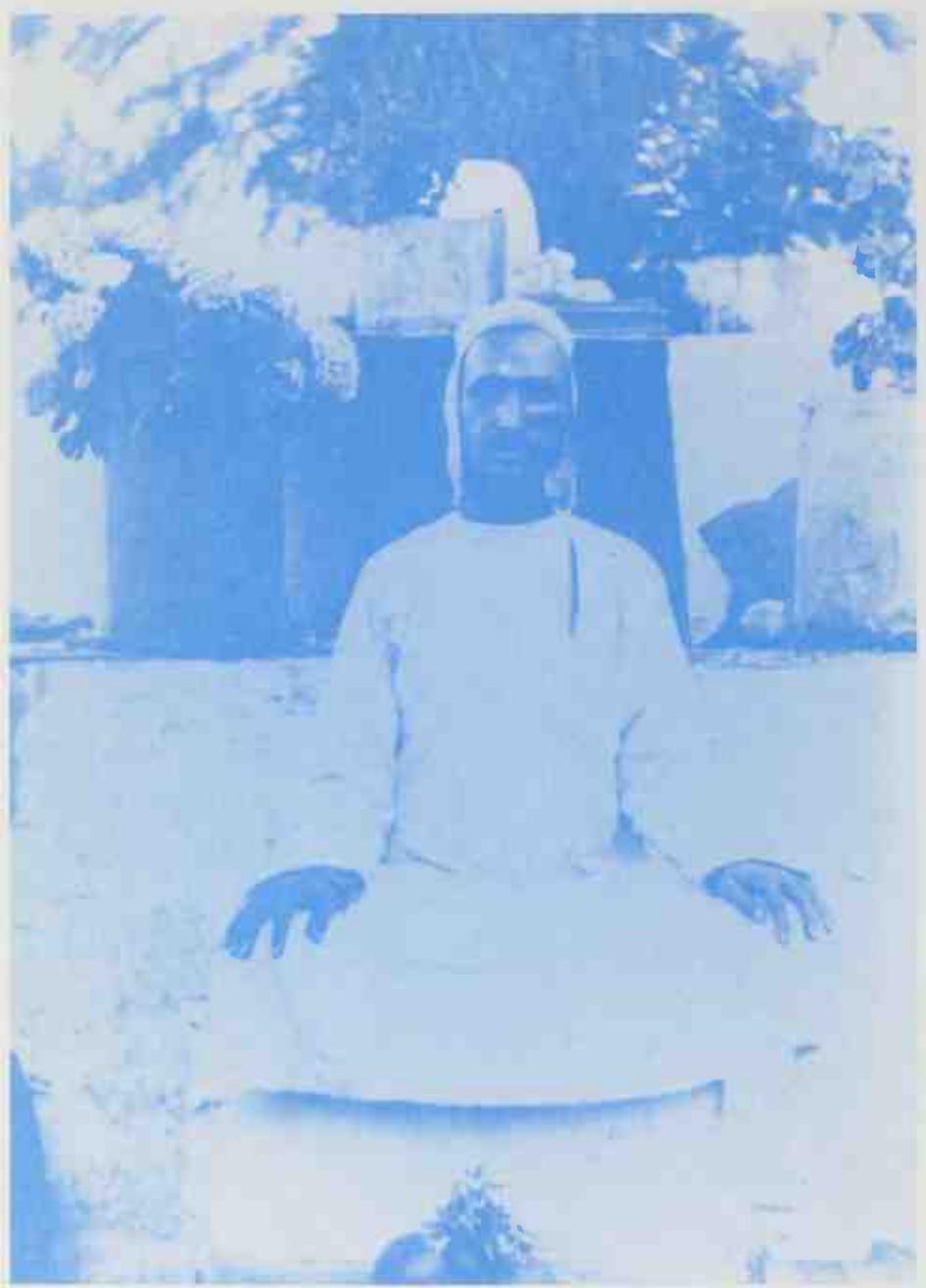


1911

Rāmeśvaram. At one place during this journey, he made the entire party cross a swollen river in a pilotless boat. At another place he defeated the leader of the Bauddha monks in debate. On the outskirts of Tiruppūnturutti, Appar joined the party without announcing himself. Silently and unnoticed he got mixed with the palanquin bearers. When Sambandhar discovered this, he alighted and fell at the feet of the elder saint. Appar bowed to Sambandhar in turn and praised him for his Madurai victory. Sambandhar then returned to Širkāli, but not for a long stay.

The next tour was to Tonḍaimaṇḍalam. After visiting many holy places including

Tiruvannāmalai, the saint arrived at a place called Tiruvottūr where a miracle happened. A devotee of Šiva owned a palmyra grove where all the trees were sterile; the heretics of the place ridiculed him saying that the God he worshipped was impotent. When this was brought to the notice of Sambandhar, he prayed to the Lord to make the trees fruitful; and the prayer was immediately answered. After halting at a few more towns, the saint was nearing Tirūvalangādu. As he knew that this was the place where the woman-saint, Kāraikkāl Ammaiyār, had walked on her head, he went round it without entering; but he sang all the same in



1922

praise of the form of Siva present there. Then he proceeded to Sri-kāla-hasti and worshipped at the shrine of Saint Kaṇṇappar. From there he went eastward and reached Tiruvor̄t̄iyur, a suburb of Madras.

There was at Mayilāppūr at the time a merchant by name Sivanēśar. He had a daughter, Pūmpāvai. Hearing about the greatness of Sambandhar, he was profoundly attracted to the saint, and resolved to give his daughter in marriage to him. But unfortunately the girl was bitten by a snake, one day, as a result of which she died. Sivanēśar became disconsolate but did not lose all hope. He cremated the body of his dead

daughter and collected and preserved the ashes and bones in a pot. Coming to know that Sambandhar was camping at Tiruvor̄t̄iyur, he went to him and invited him to Mayilāppūr. There was a grand reception to the saint. He was informed of what had happened to Pūmpāvai. After worshipping Kapāliśvarar at the Mayilāppūr temple, Sambandhar came out and caused the pot containing the relics to be brought. He sang a hymn and there came out of the pot the girl Pūmpāvai restored to life. Sivanēśar entreated the saint to marry her. Sambandhar declined saying that as he was instrumental in making her live again, he was in the position of a father to her.

From Mayilāppūr, Sambandhar wended southward. When he had reached Cidambaram, Śivapādahṛdayar came with a party from Śirkāli to escort him back. At the saint's home town arrangements were being made to get him married. At first Sambandhar rejected the proposal, but later on agreed to it. The bride was also selected. She was the daughter of Nambiāndār Nambi of Tirunallūr. An auspicious day was fixed. The bridegroom's party arrived at Tirunallūr at the appointed time. At the conclusion of the marriage ceremonies, the saint took the bride and everyone present there into the Siva temple. He sang a hymn and prayed to the Lord thus: 'O Mother-Father! the time has now come to reach Your Feet.' An effulgence lit the shrine. The Lord responded. A path of light was blazoned, which led to *Siva-jyotiṣ*. The saint with all those who had the good fortune to be with him at the time circumambulated the *jyotiṣ* and entered into it and disappeared — a glorious end to a glorious life.

In Saiva-Siddhanta four courses of spiritual discipline are recognized: (1) *carya* which consists of external acts of worship like cleaning the temples, gathering flowers for the Deity, etc., this is the path of the servant (*dāsa-mārga*), which leads to residence in the realm of God (*sātloka*); (2) *kriyā* which is characterized by acts of intimate service to God, such as those that a son may render to his sire; hence this is called the path of the son (*sat-putra-mārga*), whose goal is said to be attaining the nearness of God (*sāmipyā*); (3) *yoga* which stands for contemplation and internal worship; this is the path of the friend (*sakhā-mārga*), whose aim is gaining the form of God (*sāriupyā*); and (4) *jñāna* which means knowledge or wisdom, the path of the supreme good (*sanmārga*), whose fruit is the ultimate end which is the final union with God (*sāyujyā*). Each of the four *saṃaya-ācāryas* is held to be an exemplar of one of these four disciplines. Of these, Sambandhar is said to represent the second path — viz., that of the good son.

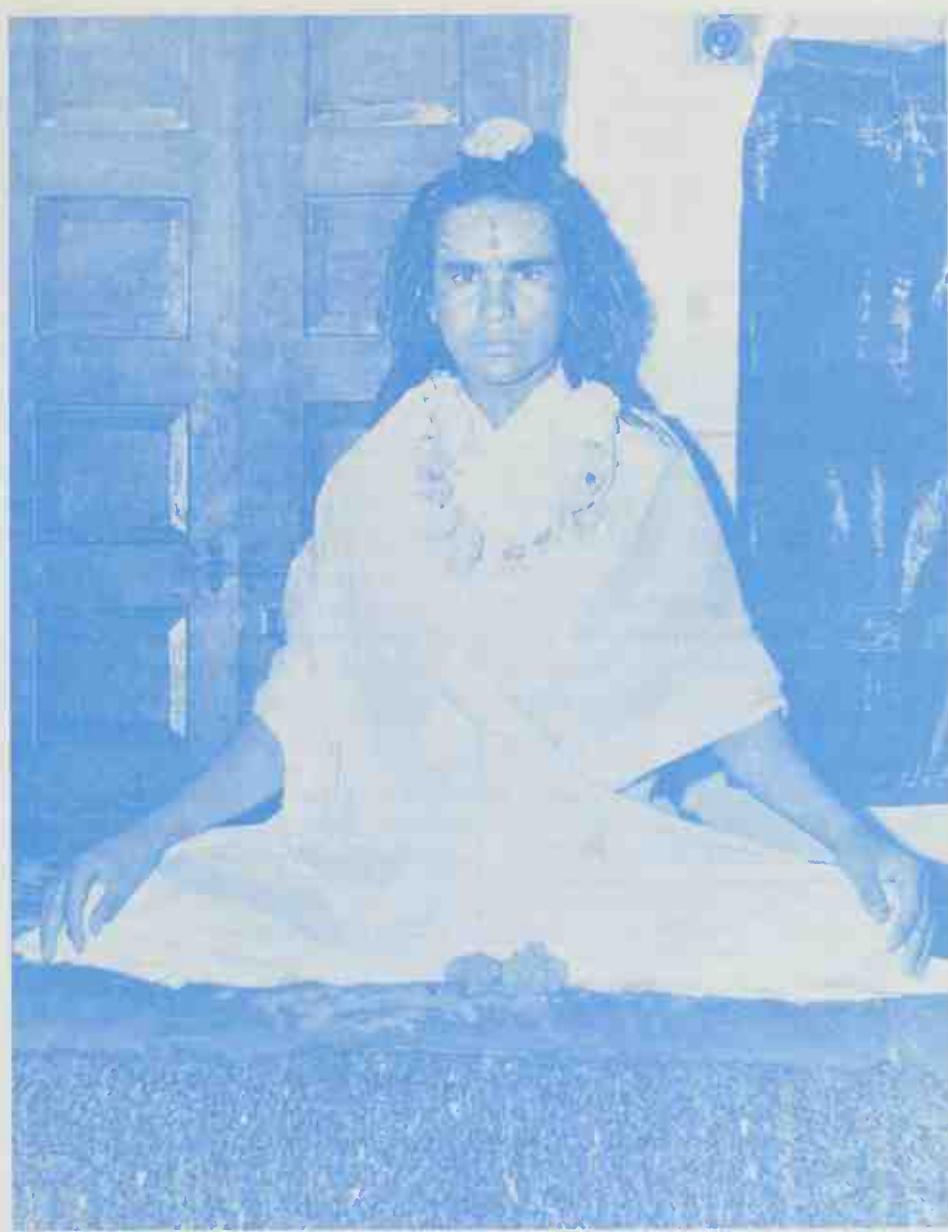
We have already seen that of the twelve canonical works of Southern Śaivism, the first three contain the com of Sambandhar. These consist of 383 hymns. In these hymns Sambandhar sings of the temples he visited, of the presiding Deity, and of the graces of the country in general. The legends about Siva are made use of, in order to praise the Lord's power to create, preserve and destroy all beings, to veil the truth, and to reveal it. There are also, in the compositions, appeals to God to come to the aid of men, as individuals and as groups, to work miracles so that the omnipotence and grace of Siva could be made manifest, to preserve righteousness by putting down vice, and to grant the boon of spiritual perfection to the devotee. Sambandhar sings of the Lord, — not as a penitent, or as from a distance, but with a sense of filial rights like those of a son in relation to his father.

Sundaramūrti

Comparatively, it is easy to look upon God as father and master, adopting, respectively, the attitudes of the good son and the faithful servant. But to consider Him as friend and yet retain a sense of His supreme divinity is difficult, indeed. In the *Bhagavadgītā*, we see that, beholding the Cosmic Form of Śrī Kṛṣṇa, Arjuna feels repentant for his past intimacies with the Lord whom he has been regarding as his friend. In a plaintive voice he supplicates to Kṛṣṇa, "Thinking You were only a friend, and not knowing this greatness of Yours, the way I have importunately called out, O Kṛṣṇa! O Yadava! O Friend! either through intimacy or through thoughtlessness, and the way in which You have been slighted by me in jest, while at play, reposing, sitting, or at meal, either alone or in company — for all that, O Acyuta, I crave forgiveness from You, Who are infinite" (*Gītā*, xi, 41-42). Familiarity, even where it does not breed contempt, may give rise to a sense of commonplaceness. That is the danger that lurks in the path of friendship with God. An instance where this danger was reduced to the minimum, and where the devotee was never oblivious of the greatness of God, we have in the life of Sundaramūrti, (eighth century A.D.) one of the four great teachers of the Saiva faith in South India. The intimacy with Śiva which Sundaramūrti claimed was so great that he made use of His services even for settling domestic quarrels. A contemporary saint actually got into a fury when he heard of this. But the truth was that Sundarar never forgot the unexcelable divinity of the Lord. Śiva was his friend, but at the same time his lord and liege.

The hymns that constitute the seventh *Tirumūraī* are the compositions of Sundarar. He was the first to sing the praise of the sixty-three Nāyanārs, of whom he was himself one. These songs of praise are called the *Tiruttōṇḍattogai* and he subscribes himself therein as the servant of the servants of these saints. It was with the *Tiruttōṇḍattoagi* as the basic text that Śekkilar wrote the *Periyapurāṇam*. This work begins with the story of Sundaramūrti, relates parts of it while narrating the biographies of other saints connected with his life, and ends with giving a description of his ascension to Kailāsa, seated on a white elephant.

The strip of land between the Cola territory and Tonḍaimanḍalam used to be called Tirumunaippāḍi-nādu. Here, in a village by name *Tiru-nāvalur*, Sundaramūrti was born in an Ādi Saiva Brahmin family. His father was one Śādaiyanār, and mother Īsai-jñāniyār. The name that was given to the child by his parents is Nambi-Ārūrar. The term 'Sundarar' came to denote him either because he was extraordinarily beautiful or because that was part of the name that he



1973

bore in Kailāsa before he took birth in this world. According to a legend, one of Śiva's attendants in Kailāsa, Hālāhala Sundara by name, once fell in love with two of Pārvati's maids, Kamalini and Anindita; consequently all the three had to be born as mortals, have their share of the love that perishes, before they were allowed to re-enter the kingdom of Heaven.

To resume our story of the human Sundarar: The child was playing with a toy-cart outside his home, one day. The royal chief of Tirumunaippāḍi-nādu chanced to go that way. Fascinated by the child, he wanted to adopt him as his son and bring him up as such in his palace. He had this desire of his fulfilled with the consent of the child's parents. The training that was appropriate for a

Brahmin boy was given to Sundarar, although he grew up in a royal household. When the time for his marriage came, his father, Śādaiyanār, fixed up as the bride the daughter of one Śādākavi Śivacarya of Puttur. All arrangements were made for the wedding. The bridegroom, riding a horse and accompanied by his people, left his native village, Nāvalur, and arrived at the bride's house in Puttur.

The Lord chose this moment for his intervention in order to save his devotee, Sundarar. Here is a pre-eminent case of what we described in the last chapter as 'causing an impediment and then saving' (*taduttātkolatal*). In fact, the first chapter of the *Periyapurāṇam* which narrates the main story of the life of Sundarar bears the title,

The Angel of the Lord

Babaji is the Angel of the Lord in the Old Testament. He is the Eternal Father in human form. He appeared to Adam and Eve, Noah, Abraham, Moses, Jesus, and others to guide them in the development of the Western religions and cultures.

Babaji gave Jesus his seamless robe when He ordained Jesus in Benaras to be the Yogi king of the Jews.

The Angel of the Lord can also be found in the Koran of Islam and the native American religions. He is the Lord of the vision quest.

The Bible history goes back only 6000 years. The Eastern scriptures—the Ramayana and Shiva Purana—cover millions of years of human history. The Sanskrit word for God is Shiva.

Orthodox Hinduism has canonized 28 human incarnations of God the Father in human history, but Babaji has materialized a body for Himself millions of times to assist us in our salvation drama. Babaji is often known as Shiva Yogi—the Eternal Youth who appears in almost every century to uplift humanity. The last page of this book has a picture of his immortal body.

Sometimes Babaji materializes as a woman—the Divine Mother.

Babaji is the Infinite, Eternal Spirit. He is the Creator of the Universe. And He is not an absentee landlord. He still appears to thousands of people every day all over the world. He can appear to you when you meditate on Him in these pictures. He sometimes appears to me in animal bodies: birds, etc.

The NAME

The Supreme Eternal Name of God given to Moses by Babaji in the burning bush is OM or AUM NAMAH SHIVAIYA. In Hebrew history it comes down to us as Yah Vah Shim OMEN.

AMEN in all Christian prayers was originally OM or AUM. Judaism and Christianity and Islam are Hindu sects.

FIRE

The fire ceremony was the basic worship ceremony throughout the 4000 years of Bible history. The sacrifice of animals, however, was a perversion of the original ceremony established by Shiva Yogi.

The pure fire ceremony as still practiced today by Eastern and American Indians may be the only thing that can save our industrial civilization from total destruction by fire through nuclear holocaust and air pollution.

Fire is the power principle of the universe. Its misuse is destroying too many life support systems of planet Earth.

We must resurrect the true spirit of the ancient spiritual practices and build them into our civilization if we desire to survive and to save ourselves.

The Bible says, "God will destroy those who destroy nature." The gasoline engine has outlived its usefulness. We must all participate in finding a replacement or be guilty of destroying nature.

The pictures of Babaji must be respected. They are divine gifts. They can speak to you if you meditate on them.

Taduttatkonda-purānam. This is how the divine intervention took place: Sundarar was about to be married; the preliminary ceremonies were already afoot. At this crucial moment Siva appeared in the guise of an old Brahmin and announced that he had a suit against the bridegroom. His claim was that Sundarar was His slave, according to a deed executed by the latter's grandfather. Sundarar disputed this claim, and rebuked the

old Brahmin saying, 'Are you a mad man? Is it possible that one Brahmin should become the slave of another Brahmin?' Those who were then present at the marriage place expressed their view that Sundarar's argument was sound. Thereupon the old Brahmin produced a document purporting to be the deed executed by Sundarar's grandfather pledging himself and his descendants to serve the Brahmin as his ab-

solute slaves. Sundarar alleged that it was a forged document, seized it from the old Brahmin's hands, and tore it to pieces. The old man would not leave the dispute at that; he persisted in asserting his rights. The people who were assembled there wanted to know his whereabouts. The strange old man declared that he was a native of the nearby Nallur. Sundarar suggested that all of them could go to Nallur and have the case

settled at a meeting of the council of the Brahmins of Nallur. Accordingly, led by the old Brahmin, Sundarar and his men went to Nallur. Before the assembled Brahmins, the old man repeated his case; he also said that the document destroyed by Sundarar was only a copy, and that he could produce the original to prove his case. He produced the original deed; it was read out to the assembly. A close examination of the deed revealed that it was a genuine one. There was no ground to doubt the genuineness of the signature of Sundarar's grandfather, and those of the witnesses. Sundarar lost his case. But before handing him over to the old man, the assembly wanted to know the latter's residence. He said he was a native of Nallur; but the people of Nallur did not seem to know him. The old Brahmin asked the assembly to follow him. He walked into the temple called Tiru-arutthurai, and disappeared. Leaving the others behind, Sundarar entered the shrine, and saw in a vision there Šiva and Pārvati seated on the sacred bull. Addressing His devotee, the Lord said: 'You have now been saved. Because you entered into a disputation with Me, you shall be called "Van-tođar" (Tough Devotee). The best form of worshipping Me is to sing My praises. So, go forth and sing of Me!' 'How shall I sing? How shall I begin?' asked Sundarar. 'Begin your first composition with the words "O Mad One!" since you have already given Me that title,' said the Lord. Immediately, the inspiration to sing came to Sundarar; he sang his first decade of verses commencing with the words 'O Mad One! O the One wearing the crescent moon!'

What happened to the marriage? It had to break. The bride would not think of any other man; she remained a virgin and died. Meanwhile, having become a saint, Sundarar returned to Nāvalur. There he engaged himself in the worship of the Lord. After some days, he went to Tirutturaiyur. While sojourning there, the idea of going on to Cidambaram occurred to him. Accordingly, he set out on this great journey.

On the way was Tiruvadigai, the sacred place where Tirunāvukkarašu was reconverted to Šaivism. Sundarar did not want to spoil the sanctity of Tiruvadigai by treading on its soil. So, as the evening came, he rested in a nearby monastery. As he was lying down, he felt the feet of some one pressing on his head. He woke to find an old Brahmin sleeping. When questioned, the old man said on account of old age he did not realize that his feet were resting on the young saint's head. Sundarar shifted himself to some distance, and lay down there. After some time he woke up to find the same feet touching his head. When the old man was questioned again, he replied 'Don't you know Me!' and disappeared. Sundarar at once knew that the old Brahmin was no other than Lord Šiva, who had now come to bless him, even unasked, by placing His Feet on his head.

At Cidambaram, the saint worshipped at the temple and sang his hymns in praise of the Dancing Deity. Here he heard the voice of the Divine directing him to go to Tiruvărūr. So, on to Tiruvărūr he went. *En route* he visited several sacred places. At the approach to Sirkali he saw the Lord in a vision. As this was the birth-place of Sambandhar, he went round, without walking into it.

The citizens of Tiruvărūr accorded the saint a rousing reception. The name given to Sundarar by his parents, viz. Nambi-Arūr, it is to be noticed, is after the Lord of Tiru-Arūr. Šiva of Tiruvărūr was the tutelary Deity of Sundarar's ancestors. Here, then, was to occur a great event in the life of Sundarar. One of the two heavenly damsels, Kamalini, with whom Sundarar — before his birth in the world — had fallen in love in Kailasa, had taken birth at Tiruvărūr. She bore the name Paravaiyār, and had reached the age of marriage. One day, she and Sundarar met in the temple. Sundarar prayed to the Lord to unite him with Paravaiyār in wedlock. Paravaiyār's thoughts were also constantly on the young saint whom she had seen in the temple. Šiva appeared in a dream to His devotees at Tiruvărūr, and directed them to arrange for the marriage of Sundarar with Paravaiyār. The marriage was accordingly performed, and the saint settled down to the routine of a domestic life.

One day, as usual Sundarar went to the Tiruvărūr temple. There in the temple, at the Dēvāsiриya-mandapam, he saw groups of devotees. Seeing them, he prayed to the Lord to make him a fit servant of those devotees. Lord Šiva ordered him to compose a poem in honor of the devotees. Sundarar asked Him how he should begin. The Lord dictated to him the first line, meaning 'I am the servant of the servants of the Brahmins that reside in Tillai (Cidambaram)'. Sundarar took the cue and sang of the greatness of the sixty-three saints. It is this poem that is called the *Tiruttondat-togai*, which, we saw was the source-book for Sekkilār's *Periya-purāṇam*.

There was an ardent admirer of Sundarar in Kundaiyūr, a cultivator of land who used to supply to Sundarar's household rice and other articles of food. Owing to the failure of rains he found that there was not enough rice to supply. He was quite sad, and even refused to eat. Šiva appeared to him in a dream and said that He had arranged for an adequate provision of rice. The next morning everywhere in the village big heaps of rice were seen. The old peasant was extremely happy. But how was he to transport all the rice to Tiruvărūr? He set out for Tiruvărūr, wanting to meet Sundarar and convey the news to him. Meanwhile Sundarar, being informed of the miracle by the Lord Himself, was on his way to Kundaiyūr. The peasant and the saint met; both of them went to Kundaiyūr and Sundarar saw there

the huge rice-heaps. The saint was overwhelmed by feelings of devoted thankfulness. To whom, except Šiva, could he appeal to complete the miracle by transporting the grain to Tiruvărūr? Overnight the heavenly messengers of Šiva carried the grain to the holy city. Not only was the granary of Paravaiyār's house filled, but also that of every home in Tiruvărūr.

At Tirunāt̄tiyathān-kudi there was a Šaiva saint by name Kotpuliyār. He invited Sundarar to visit his place. When Sundarar went there, Kotpuliyār offered him his two daughters — Singadi and Vanappagai — in marriage. Sundarar expressed his refusal politely, by telling him that he regarded the two girls as his own daughters. In some of his hymns Sundarar styles himself as the father of Singadi and Vanappagai.

The time for the great festival at Tiruvărūr was nearing. Paravaiyār was in need of money for providing hospitality to the numerous devotees who would be taking part in the festival. Sundarar went to Tiruppugalūr to get the needed money. Into the temple directly he went; there he expressed his prayer to the Lord in a *padigam*. Thereafter, being tired, he stretched himself on the floor of a monastery nearby for a nap using bricks for pillow. When he woke up after a while, he saw all the bricks turned into gold. Taking this gold to Tiruvărūr he used it for entertaining the devotees that came for the festival.

After visiting many Šiva shrines, Sundarar was spending a night at Tiruvālampolil. There Šiva appeared to him in a vision and remarked 'Have you forgotten Malapādi?' Thereupon Sundarar proceeded to that place, and dwelt there for some days, worshipping the Lord and singing His praise. At Tiruppācīlaśramam, he asked Šiva for gold. It was not immediately forthcoming. Then he sang a song and received the gold he had asked for. At Tiruppaiñili, he beheld the *Bhiksōrtana* (Beggar) form of the Lord, and was lost in wonder as to what it all meant — the King of Kings in the guise of a mendicant-beggar! At Tiruppāndik-kođumuđi, Sundarar composed a decade of verses about the *namah-śrāya-mantra*. At Tiruppérur he was blessed with a vision of the Dancing Lord of Tillai. Desiring to go to Cidambaram he traveled, stopping at several places on the way. He came to the neighborhood of Tirukkudalaiyarrur, but without going to that place, he was proceeding to Tirumudukunru. He asked a Brahmin whom he came across as to which way he should go to reach Tirumudukunru. The Brahmin wantonly misled him to Tirukkudalaiyārür, and disappeared. It was, verily, the Lord's wish that Sundarar should not miss visiting this holy place. After worshiping the Lord at Tirukkudalaiyārür, Sundarar went to Tirumudukunru.

Sundarar prayed again for money, here, and was given 12,000 pieces of gold. He

wanted these gold-pieces to be miraculously transported to Tiruvārūr. God directed him to throw them into the river Maṇimuttāru, and recover them from the tank in Tiruvārūr. Taking a small piece of gold with him for the purpose of testing the genuineness of the gold he would be receiving at Tiruvārūr, Sundarar threw the god-given gold into the river. Then he proceeded to Cidambaram, and thence to Tiruvārūr.

At Tiruvārūr, Sundarar informed his wife Paravaiyār about the Tirumudukunru miracle. She was not inclined to believe that the gold thrown into the Maṇimuttāru river could be recovered from the Tiruvārūr tank. Sundarar took her to the tank. He went down the steps and looked out for the gold, but could not find it. Then he sang a hymn; and the gold appeared. He took out the gold-piece he had carried and compared with it the recovered gold. The latter seemed to be inferior in quality. Again, he sang, and now the original quality was restored to the gold.

After a few days' rest at Tiruvārūr, Sundarar started out again to visit Śaiva shrines. He worshipped and sang at several places including Tirukkōlakkā where Sambandhar had received a pair of cymbals from the Lord. Then he was on his way to Tirukkurugāvūr, when he and those who followed him were seized with hunger and thirst. The Lord appeared in the guise of a Brahmin, with refreshments ready for his devotee. The quantity of food also miraculously increased to meet the demands of the entire party. After a sumptuous meal, Sundarar and his companions rested for a while. When he woke up, he found that the Brahmin had disappeared. He then knew that it was Śiva who had come to their succor, and expressed his gratitude in song.

A similar miracle happened again. This time it was at a place called Tirukkaccūr. Sundarar came out of the temple after worshipping the Lord. He was feeling hungry, but no provision had yet been made for cooking. Śiva appeared disguised as a Brahmin and offered to beg for alms on behalf of Sundarar. Playing the role of the *Bhikṣatana*, He went from door to door, and brought enough food for the saint and his group. The Brahmin then disappeared, leaving Sundarar in a happy mood of devoted gratitude.

Among the places that Sundarar next visited were Kāñei and Kālahasti. From Kālahasti, he went to Tiruvorriyūr. Here the other heavenly damsels, Anindita, who had incarnated herself by divine dispensation in a peasant family was living at the time. Sangiliyār — for that was her name — had refused every offer of marriage, informing her parents that her aim was to serve a great Śaiva saint. At Tiruvorriyūr she had settled down, engaging herself in the service of the Lord at the temple. The particular form of service was to weave flower-garlands everyday for adorning the Lord's image. One day, while Sundarar was in the temple, he saw

Sangiliyār and immediately fell in love with her. It had by now become a habit with Sundarar to appeal to the Lord to grant him his desires. So, he prayed and asked Śiva to arrange for his marriage with Sangiliyār. The Lord agreed; and He appeared to the lady in a dream, conveyed to her Sundarar's wish, and asked her to give her consent to the wedding. Sangiliyār had no objection; but would not Sundarar go away to Tiruvārūr to live again with Paravaiyār? The Lord assured her that He would make Sundarar take a vow not to leave Tiruvorriyūr. When the Lord informed Sundarar of this condition, Sundarar said that he had no objection, provided the Lord would leave the shrine at the time the vow was being made there, and stay for a while under the sacred tree outside. Sundarar's intention evidently was that the vow should not be binding on him. What was God to do? He would not be party to this deceit. So He instructed Sangiliyār to ask Sundarar to take the vow beneath the sacred tree. The vow was taken; and the wedding took place. Sundarar dwelt happily for some time with Sangiliyār at Tiruvorriyūr.

The spring came. This reminded the saint of the festival at Tiruvārūr. The memories of Paravaiyār's song and dance also came to him. He could not stay at Tiruvorriyūr any longer. Notwithstanding his promise, he left the place for Tiruvārūr. As he left, he became totally blind. Undaunted, he walked on, receiving directions from the passers-by. At Tiruveṇpākkam, the Lord gave him a walking-stick. At Kāñcipuram, his left eye got back its vision. At Tirutturitti, he was cured of a malady that afflicted his body. At long last, he reached Tiruvārūr. He went to the temple and prayed for the restoration of sight to the other eye. God granted him this also.

The saint sent word to Paravaiyar that he had arrived back. But the lady, in her righteous anger, refused to receive him. What man cannot do, God must achieve. Sundarar implored the Lord to undertake the mission of appeasement. Śiva went to Paravaiyār's house in the guise of a priest and pleaded with her on behalf of Sundarar. She would not listen. Śiva went back, but returned revealing His true form this time. Paravaiyār fell at His feet, and asked for His pardon. Her anger was now gone, and she was looking forward to meeting her lord. Sundarar arrived at the house, and the two lived happily as before.

We referred above to a contemporary saint who got cross with Sundarar for employing the Lord as a mediator in his love-quarrels. That saint was one Ēyarkon Kalikkāmar. Kalikkāmar could not even bear to think of what had happened. Śiva wanted to remove the misunderstanding, and so caused a colic to afflict Kalikkāmar. He also informed him that the colic would go only through the good offices of Sundarar. The command was also given to Sundarar to go to Kalikkāmar and cure him of his disease. But

Kalikkāmar did not like this; and so, before Sundarar arrived at his place, he committed suicide, cutting open his own bowels with a sword. The news of this was not disclosed to Sundarar when he reached there. On his insistence to be taken to Kalikkāmar, he was led into the room where the dead body lay. Sundarar was greatly moved; he took the sword that had killed Kalikkāmar, and was about to put an end to his own life with it. By God's grace Kalikkāmar rose again, and averted the tragedy. Thus was revealed to Kalikkāmar the genuineness of Sundarar's devotion.

Another saint with whom Sundarar got intimately acquainted was the chief of the Cēra territory, Cēramān Perumān. The royal saint made a pilgrimage to Tiruvārūr in order to meet and pay homage to Sundarar. The two together made a tour of all the important shrines of Śiva. At Madurai the Pandya and Cola Kings received and honored them. They traveled as far south as Ramesvaram; and on their return journey, they visited, among other places, Tirucculi and Tirukkānappērūr, and then returned to Tiruvārūr.

At the pressing invitation of Cēramān, Sundarar agreed to go with him to his capital city on the west coast. Leaving Tiruvārūr, they went to Tirukkanḍiyūr. On the other side of the Kāviri was Tiruvaiyār. Cēramān wanted to visit that place. But the ferry service had stopped because of heavy floods. Sundarar sang a *padigam*; and their followers cross safely to the other bank.

The two saints then journeyed through picturesque country to the west coast. There was a royal reception at Kodunkolūr, the Cēra capital. After offering worship at the Tiruvāncikkālam temple, Sundarar went to the palace in procession. The king's caparisoned elephant bore him gracefully, while the king himself stood behind the visiting saint fanning him with a *chowrie*. Sundarar enjoyed the hospitality of Cēramān and his subjects for a few days, and then started back on his homeward journey. The parting was sad; Sundarar spoke to Cēramān words of consolation and took leave of him. Cēramān sent Sundarar loaded with costly presents. On the way these presents were seized by the messengers sent by Śiva disguised as woodsmen. This happened at a place called Tirumuruganpūnḍi. Sundarar went into the temple and lodged a complaint with the Lord. The stolen property was miraculously returned to him.

After a brief stay at Tiruvārūr, Sundarar started on his second trip to the Cēra capital. He was passing through the streets of Tirupukkoliyur, a town in the Kongu region. There at one spot he heard wailings from one house and shouts of joy from the house opposite. He inquired as to what the reasons were, and was told that the house whose inmates were weeping had lost a boy to a crocodile in the local lake, while the other house was fortunate in that its boy who had accompanied the ill-fated youngster had

been saved and was now being invested with the sacred thread. Sundarar went to the house that had suffered the loss of a son and met the parents; they were overjoyed at the unexpected visit of the saint. The saint, then, asked to be led to the lake, and going there sang a *padigam* praying to the Lord to restore the boy to his parents. The miracle happened. The crocodile gave the boy back.

The news of the miracle spread far and wide. The citizens of the Céra capital, who had also heard of this, accorded a warm reception to Sundarar. Cérāmān's happiness knew no bounds. This time he bore a white umbrella over Sundarar, and conducted him to his palace. One day, when Cérāmān was having his bath, Sundarar went to the Tiruvañcaikkalām temple. He worshipped the Lord and implored Him to take him back. The Lord sent the gods and other heavenly messengers to lead Sundarar back to Kailāsa. A white elephant arrived to carry him. Sundarar sat on it, and the aerial journey commenced. By this time Cérāmān arrived at the scene. He jumped on to the horse that was near at hand and uttered the *Śivamantra* into its ears. The horse flew up, circumambulated the white elephant, and went ahead of it. The Céra warriors committed suicide and accompanied their master with their subtle bodies. The two saints reached the gates of Kailāsa. Sundarar was admitted while Cérāmān was kept out. Sundarar was ushered into the sacred presence of Siva. He appealed to the Lord to admit Cérāmān also into His presence. The chief of Siva's attendants, Nandi, was ordered to bring Ceraman. The two saints met again at the feet of Lord Siva, they sang the Lord's praise and dedicated themselves to His service. By Pārvati's grace, the two consorts of Sundarar were also called back from the earth. Paravaiyār and Sangiliyār were transmorphosed into Kamalini and Aninditā again.

It is the path of friendship (*sakha-margā*) that Sundarar exemplifies chiefly. His life illustrates the liberties that one normally takes with a friend. But since in his case, Siva is the friend and he is ever conscious of this fact, the friendship is rooted in the recognition of the Lord's supremacy, and is not of the usual commonplace variety. The hymns composed by Sundarar reveal a sense of friendly familiarity, and at the same time they are inspired by a deep devotion.

Sundarar is said to have composed 38,000 hymns, but of them only a hundred *padigams* are now available. He refers in these hymns, to many of the incidents in his own life. He also speaks of the saints like Sambandhar and Tirunavukkaruśu who preceded him. He does not hesitate to ask of the Lord whatever he wants to enjoy in this world. It is his strong conviction that just as *mokṣa* is the gift of God, *bhoga*, (pleasure) too is to be had through His grace.

Like his predecessors, Sundarar gives a glowing account of the glorious majesty of Siva. Siva is both immanent and transcen-

ent; he pervades all beings, and is also above them. References to the four paths, *caryā*, *kriyā*, *yoga*, and *jñāna*, are found in Sundarar's songs. The saint is concerned not merely with his own salvation, but also with the redemption of all. Although he was elected by the Lord as His friend, he was quite humble and knew what his frailties were. He offered himself to the Lord with all his faults, and he was readily accepted.

excerpt from *Ten Saints of India*
by T.M.P. MAHA DEVAN
published by: BHARATIYA
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Dear Leonard and Danny:

I would like to share with you the rebirth I had two weeks ago. It was very powerful and many transformations seem to be coming into my life since that time.

It was during a training with Lucy in which I was participating with my lover, Howard. "A lot of stuff was coming up" for us and late one night after a "discussion," I was experiencing a lot of fear of abandonment. I started breathing through it and pretty soon I was in a rebirth which surprised me 'cause I had just had pretty powerful one the day before.

In the first part of the rebirth (which later on seemed pretty inconsequential and mundane) I released a lot of fear and anaesthesia relating to the first time I spent away from home and went into the hospital at 14 to have my tonsils out. I had forgotten how frightened I had been, especially when they put the ether mask on my face. I don't know if I fought them, and I remember the feeling as if the doctor was standing on my chest to hold me down and pressing, pressing on the mask. The pressure on the bridge of my nose was very real.

Anyway, I went through that whole thing and it was great and I felt great and I decided to continue breathing for a while to seal it or something. It is funny 'cause I wanted to jump up and share it with Howard; I was very excited and part of me very calmly said, "Later, keep breathing."

So... I suddenly had to pee and I asked Howard to help me to the bathroom. I have had many knee injuries from dancing and I was releasing some stuff there too. Halfway down the hall my knees gave out and he had to support me to the bathroom. As we were almost there, I started to experience a beautiful light show, all around me. I expressed it to him. And then I sat on the toilet and (this seems so ludicrous) in the middle of a pee I realized I was seeing my own aura.

It seems that's also what I said, "Howard, I'm having a pee and I'm seeing my own aura." As soon as I said it, everything changed and took off. The colors expanded until they vanished and everything was white lights and then I realized my legs and feet were doing the same thing — expanding and dis-

integrating. At this point, the sequence gets a bit jumbled. My experience was of various parts of my body expanding and disintegrating. I was aware also of babbling — a commentary. At one point my legs and feet started leaving again and I said, "Here I go again." I heard Howard's shaky voice, "There you go again."

And that time I went completely. I just experienced every part of my body expanding until there was no definition of bodily limitation. My spine separated. And my mind did the same thing. It is difficult to describe what it was like and I don't really want to and it seemed that I could go and never come back. And I chose to come back. I was aware of wanting to be with my daughter and as soon as I thought that I started to contract back.

To Howard — I totally disappeared and then reappeared (I have to add this 'cause the humor of it is great — I was sitting on the toilet).

Sooo — next I got to see myself as a lovely network of tiny blue and white lights within the outline of my body. I was beautiful.

At the same time that I became aware of a presence with us, Howard let out a startled noise. I could see "him" and Howard could feel "him." I saw down the hall a concentration of light with a dark nucleus. It after a while took the shape of an eye. I am always doodling eyes and seeing them in the dark, so it didn't surprise me as a form. It, he, the presence communicated to me in a way I don't know how to describe — it wasn't telepathy — it just was. He wanted me to come to and with him; and although I was feeling very drawn, fear came up that I would never come back. After a space of time of this calling and not going, I tried to bring Howard with me. I grabbed his hand and asked him to come too. As we approached it, he receded and retreated into my room. We crawled up on the bed and it stayed in the room with us for a while gradually getting fainter. At one point Howard experienced it as a concentration of energy.

Later, there seemed to be a bluish light radiating from inside my hands. I tingled for hours. Neither of us could sleep and Howard thought he was crazy. I had more certainty because it was my body.

One striking physical change was that I had a yellow spot in both my eyes from liver stuff. They were both gone. Today, two weeks later, one has come back. People commented on my glowing skin without any inkling of the rebirth.

Of course, there are many more subtle things I'm noticing in my mind and how that is manifesting with people.

I don't know how to finish this so I will just say see you in Montreal.

Love,
Gayle

Chapter IV

Basic Philosophy

(1977-1980)

Babaji has mastered the eternal life of his spirit, mind and body. He has the ability to dematerialize and rematerialize his body. He can turn his physical body into a ball of light and travel around the universe at the speed of thought.

He does this through his personally developed technology of spiritual purification. To ignorant, skeptical Westerners, this talent may seem difficult and complicated. All talents once mastered are simple and easy.

Obviously, you have to work out your fear of death and develop a high philosophy of physical immortality. This should be one of the first steps of spiritual enlightenment. Most people die before they question the idea that death is inevitable, even though they think that they are spiritually enlightened.

The following essay called the Common Sense of Physical Immortality was written by me several years ago in an attempt to open Westerners up to a greater view of death and immortality in a practical way. If you read the essay and memorize the key affirmations, it can save you from death, but it is necessary to combine it with practical spiritual purification exercises to get the full value.

When my understanding developed to the point of realizing that the average person's deathist mentality *en masse* could and does create huge natural and social disasters, I started to form a political campaign type of movement to spread the idea of physical immortality for the purpose of preventing the prophecies of doom.

At that time, I was warned by Babaji to wait and save the physical immortality campaign until after spiritual breathing and other techniques of spiritual purification were well known and practiced. Physical immortality is foolishness and meaningless to people who are not spiritually enlightened nor have tasted the joy of life. If you are miserable, why would you desire to be miserable longer?

On the other hand, spiritual enlightenment and the joys of breath mastery and other spiritual purification not only open people to the idea of physical immortality, but gives them a natural propensity for it.

The idea is not enough. Developing a philosophy of physical immortality is the first step. The second step is to unravel the personal death urge absorbed from family tradition — the psychology of physical immortality. The third step is to develop a prac-

tical mastery of the physical body — the physiology of physical immortality. The third step is where practical spiritual purification exercises come in. Breath mastery teaches the cleansing of the mind and body in an easy practical way. Fasting from food further cleanses the blood. Mastery of sleep teaches, among other things, the mastery of the astral world which most people think is the world of the dead. Water and fire purification are basic. Getting social support for the idea among your friends and neighbors is important. Finally, educating the general public and making the world safe for immortal human beings is also important. There is a place for an immortalist campaign, but you must save yourself first.

However, the idea of physical immortality can be very seductive and fascinating to the point of making people fanatics. It is important to keep the idea in proper balance. Love is a supreme virtue. Obviously, physical immortality without love could breed violence and war. In the Bhagavad Gita, which is the most popular Indian Scriptures, is told the story of the war of the immortals. Love is more important than any kind of immortality and is the source of all kinds of immortality.

Obviously, emotional health is a prerequisite to physical immortality.

Mritenjai means victory over death
Maha mritenjai means supreme victory over death.

The following essay may raise your consciousness into an eternal self image. It may free your soul of deathist mentality and from death itself. It has enriched the light and aliveness of thousands of people. After you have mastered it, go to the chapter on spiritual purification exercises and master them one at a time until all your questions cease.

Obviously, I recommend that you visit the great immortal master himself — Babaji. Herakhan Baba is a true Guru. He doesn't talk a lot or make promises, he just delivers results. The grace of this guru is real and powerful. To be in his physical presence is the greatest privilege and pleasure on earth. Having a personal active relationship to him is the greatest gift you can give yourself.

The Common Sense of Physical Immortality

Authors Anonymous

Physical immortality is the only cause you can't die for.



These ideas will enrich your aliveness to no end.

As itinerant modern middle-class gurus, we seek out and study people, lifestyles and movements and spread practical information to people who are ready for it. Like bees in a field of flowers, we gather ideas and share the nectar in abundance with the community of the interested. A guru is an ordinary person who reminds people of their natural divinity.

There are many new ideas which are valuable and which are based on common sense: harnessing tidal energy, windmills, solar heating, consciousness consulting, new age business, to name just a few. We are particularly interested in an idea which we've been watching for about a decade — the idea of physical immortality. There exists a well-organized "Immortalist movement" and an immortalist literature. We've collected over 20 new books on the subject. Some of the organizations which are involved in this work are the Committee for the Elimination of Death, Foundation of Infinite Survival, Theta Seminars, War Against Death, Rebirth International, Reevaluation Co-Counseling, among others.

The basic idea of physical immortality is that you can take personal responsibility for the destiny of your physical body. Immortalists reject the idea that death is inevitable, and say that death is controlled by individual consciousness. They affirm the idea that the human body is able to last as long as the rest of the physical universe. Immortalists permit reincarnation in their world view, but prefer staying alive to the traditional and popular practice of disposing of each body as trash. If you're going to survive death anyway, why not just stay around? As alternatives to aging, they suggest youthing (getting younger) or agelessness (maintaining the same appearance indefinitely). All of this is made possible as a function of changing your thoughts, freeing your breath, and establishing an eternal self.

image. Immortal mentality can be realized by practicing truth, simplicity and love.

Immortalists have no desire to deprive a person of the right to die or to destroy his physical body if he wishes. But they desire to make the immortalists alternative a live option in a dechristianized society. It's an interesting situation: if by changing your thoughts you can live forever, then whoever doesn't believe this will die off, eventually leaving only immortals. Why not have your laugh last and last? Immortalists point out that physical death will always be available, but that it is and always has been a matter of personal choice — a choice that people have habitually failed to appropriate. It is by choice that immortals experience the physical body as a pleasurable and desirable place in which to enjoy the beautiful and supportive physical universe. They think of their bodies as energy systems that are infinitely perfect, talented, malleable, and practical. It may be difficult to conceive of something as simple as your breath and thought as being the source of all healing, but to believe anything else is to accuse your creator of doing a poor job. Your breath and your mind are the life and health of your body. Many doctors who have been trained in the breathing technique known as "rebirthing" use it more than medicine because it is the fastest and simplest method of healing. Breathing fully and deeply, along with changing the quality of your thoughts and feelings through the use of affirmations, seems to work on everything, and it frees people of all kinds of trauma. We acknowledge, however, that medical and physical techniques are sometimes more appropriate. The healing power of loving, simple touch — massage (the laying on of hands) — deserves eternal respect. Touching the body stimulates both the breath and the mind. All doctors and nurses and healers should be trained in massage, rebirthing and affirmation.

"Dying is no way to live."

Death is Unhealthy

The belief that death is inevitable is unhealthy to humans. This is just common sense. Psychosomatic science has proven that our beliefs influence our health. So what practical value does believing in death have if you desire health? The belief that death is inevitable has probably killed more people than all other causes combined. Even if you survive illness, accident, old age, and practice the techniques of rebirthing and affirmations, your own belief in death will get you in the end — unless you change it. Seriously questioning the idea that death is inevitable is good and practical for both mental and physical health. Immortalists argue that if death really were inevitable and beyond your control, then believing in physical immortality wouldn't hurt you.

A Useless Custom

Another common-sense finding the immortalists have made is that death does not occur at random, but seems to occur statistically according to family tradition. The time of death is not controlled by God or Nature or the Devil, but is determined by a family pattern: parents sell death to their children, consciously or not, generation after generation, without questioning it. Insurance companies make a profit on the fact that, statistically, family members tend to die, generation after generation, of the same symptoms and at about the same age. If you wish to attribute this to genetic factors, why are there any exceptions to family tradition? Charles Dickens died at age 58; his son, Charles Culliford Dickens, died at age 59; his grandson, Charles Walter Dickens, died at 58. However, dozens of other descendants lived 10 to 50 years longer than that. These divergent tendencies seem to indicate that family tradition may be passed as a mechanical pattern unless the individual becomes conscious of his own programming and takes responsibility for it.

Immortalists say that we can consciously change these patterns and control the quality of our flesh. The body is a living, plastic organism that can be molded and transformed by the scientific use of auto-suggestion, as well as by more physical disciplines. It may be that the whole issue of death is determined by your mind. This means that if you die, you are responsible for killing yourself; using accident or disease as an excuse is just an unconscious cover for committing suicide. Immortals don't get into accidents or get sick. Everyone who dies commits suicide; only the honest and enlightened are conscious enough to know it and admit it. A person who doesn't use mental and spiritual methods of healing when medicine fails is just ignorant.

It's worth thinking about!

Perhaps our loyalty to death or "death urge" is a personality trait we could do without. The U.S. Constitution says we are innocent until proven guilty. Be immortal until you prove otherwise. Your death urge is only a philosophy until you are dead. Death is only an idle speculation as long as you are alive, but thinking about it may produce illness, failure, hate, depression or helplessness when you could be enjoying life. Being bored, unhappy, unsuccessful or unhealthy are the main reasons people give for not desiring eternal life in the body. If you are miserable, why would you desire to be miserable longer? Longevity without success, health and bliss is not desirable. But what if your death urge and your belief that death is inevitable is the cause of your misery and ill health? The only way you can find out what it is like to live in a universe without death is to try it. Try thinking of your spirit, mind and body as eternal. As a child of

God, you are the embodiment of eternal life.

Your body doesn't have the power to kill itself. It is only the eternal consciousness which guides your body's growth that can destroy it. Your mind is stronger than your body and survives your body whether you like it or not. There are many clinical reports of people who have died and returned to life and report a continuous memory of the state in between. If your happiness or misery continues without your body, then the value of physical death is highly overrated. Why let your death urge dominate your whole personality? Think about it: you have to be immortal in order to kill yourself.

"Death is a grave mistake"

Affirmations

Immortalists have composed affirmations which can be used to establish certainty and to clarify one's thoughts. These ideas can be written down several times a day or can be recorded on a tape cassette and listened to repeatedly.

"I am alive now; therefore, my life urges are stronger than my death urges. As long as I keep strengthening my life urges and weakening my death urges, I will go on living in increasing health and youthfulness."

"Life is eternal. Since I am life, I am eternal; my mind as the thinking quality of life is eternal, and my body as matter and energy is eternal. Therefore, my living flesh has a built-in natural tendency to live forever, to persist."

"As long as I am breathing, I am alive; I am breathing fully and freely."

"As long as I have spirit, mind and body together, I am practicing the truth."

"I am immortal until I prove otherwise. You are immortal until you prove otherwise. They are immortal until they prove otherwise."

"Death may never come and immortality is already here. Eternal life is here now and throughout all eternity."

"The purpose of the physical universe is to support my body in comfort, pleasure, health and youthfulness. I have a right to keep my living flesh as long as the universe exists."

"Eating chocolate chip cookies once a month for the next 500 years is a good enough reason to be immortal."

"I no longer fear the loss of my mother through birth or death; my mother is divine energy that nourishes and sustains my mind with good ideas and my body with the comforts and pleasures supplied by earth, air, water, fire and living cells."

"I no longer fear nor regret the loss of my father; eternal protoplasm is the father of my body. Eternal protoplasm is as old and as young as the whole human race. It is ageless and all ages. My thought and mind determines the age of my protoplasm; it can be a conscious choice and my past direction can be reversed."

"Eternal protoplasm loves being my whole body."

"Eternal protoplasm is willing to make my teeth, bones, flesh, organs, and all body parts whole and healthy."

"All my protoplasm is filled with eternal life and healing intelligence which responds to my affirmations and is activated by my daily breath."

"The tingling, vibrating sensations during rebirthing energy flows and ordinary breathing effectively cleanse my protoplasm, tissues, organs and whole body of all evil psychic dirt, past trauma and ill health." Rebirth energy flows are caused by a relaxed breathing rhythm of connecting the inhale to the exhale in one continuous breath until bliss is achieved. It can be done as a one-minute breathing discipline several times per day or in one to two hours rebirthing sessions in the presence of a trained rebirther.

"Death is my servant for the purpose of destroying illness, pain and human misery."

"I am highly pleasing to myself in the presence of my parents, my lover, my friends and everyone; they are all highly pleasing to themselves in my presence."

"Everyone feels safe in my presence and I feel love for and from everyone."

"I trust my love for people even when they are angry."

"I no longer fear my own or other people's anger, because underneath it all is divine love."

"I no longer fear fear, because it keeps me safe by warning me of real danger that I should escape from by running away from or by changing my negative and fearful thoughts."

"It is OK for me to call people I trust and discuss my fears."

Chant *Om Namaha Shiva*. It means God is the highest self of everything. My cells, my limbs, my organs, the earth, air, water and fire of my body are filled with the eternal self. This chant can be done 24 hours per day until it fills every breath and cell. It can be done silently. It is the ultimate, eternal affirmation. If you prefer you can also chant Jesus Christ, Jehovah, Ya Allah Ho Ya Om, or any other name for God that evokes the divine presence in your mind and body.

Practical Action

Real spiritual enlightenment is running rampant in the land today. Maybe we are ready to get in touch with our bodies; maybe we can now enjoy them fully; maybe we are enlightened enough to be responsible for them.

Maybe physical immortality is an idea whose time has come!

If you think that this is the century that will conquer death, or even if you would like to help immortals make a dent in the power of death in the history of mankind, there are three things you can do.

1. Spread this information! As authors of this piece of writing, we have remained anonymous so that you can feel totally free about reprinting this essay. Give it to your family and friends. Mail it to newspapers, magazines, newsletters, churches, radio and television stations. Mail it to famous personalities, politicians, to anybody in a position of influence or leadership. Mail it to your local morticians, police stations, doctors and hospitals.

The more we change the mass thinking about death, the easier it will be for us. Every person who questions, seriously or humorously, the inevitability of death weakens its power. The campaign to make the world safe for immortal humans is a campaign to save your own life. This campaign is also saving the environment and preventing "natural" disasters that were predicted for the earth.

"Physical immortality lasts as long as you do."

Spreading the idea of physical immortality is the most effective method we can think of to prevent war and violence. We also believe that the mass death urge causes earthquakes, flood, drought and other natural and social disasters. If we have enough immortals in California practicing truth, simplicity and love, it will stay above water unless the citizens vote otherwise. But each person dedicated to death is voting for disaster. The purpose of prophecies of doom is to warn us so that we can use our wisdom to prevent disaster. We are dedicated to peace and safety.

You have our permission to reprint this and use it in any form you desire. You can do it cheaply, or expensively with artwork — use your own imagination and creativity.

Another reason we chose to remain anonymous is so that newspapers and other media can use this essay as a regular feature until the words "physical immortality" are in the personal vocabulary of every person. Publishing this essay in every issue of every newspaper is more valuable than publishing crime and accident stories. It could eliminate them from our cities and country. We would like to see media report stories of people who have freed themselves of the death urge for the inspiration and practical instruction of all people. Let's have obituary columns for death urges and death itself.

The *I Am Alive Now Project* is an attempt to make the idea of physical immortality available to everyone. We would like to see the words "physical immortality" become common words in everyone's vocabulary. We would like to see eternal life as a practical daily reality become a popular theme in all the media.

Feel free to publish this essay through your church or school. Feel free to change it and interpret it.

2. Let go of your personal death urge. The death urge is a real psychic entity which can be isolated in your own mind and destroyed. Your death entity is composed of

beliefs and ideas about death which you absorbed from your parents and culture. You can transmute this into aliveness simply by changing each negative belief into a positive one — one thought at a time. Use the affirmations technique. Instead of believing that you might die or be killed at any moment, simply affirm: "I am at cause over the fate of my physical body. Nothing can harm me without my consent."

Just question death and the death urge starts to crumble! If your fear of death causes you to master the immortalist affirmations, then your death urge has self-destructed. Longevity drugs cannot destroy your death urge. But your body will spontaneously manufacture within itself whatever chemicals are needed for your personal immortality when your beliefs are right. The best that drugs can do is to give you a rationale for changing your beliefs. When you are willing to permit your spirit, mind and body to be eternal and divine, death ceases to be an enemy. It becomes a friend that kills disease and misery. If you yield to the eternal life in your consciousness, death will kill all your misery and fear. Death is not something to fear; it has become your servant.

Your body heals itself in accordance with your mind. Ultimately, it is only your personal connection to infinite being (all power) and infinite intelligence (all ideas) which will save you. You are an expression of all that is, and are by nature eternal. Your death urge is by nature self-destructive, and its power lasts only as long as you cling to it. The moment you let go of it, the eternity which is the fundamental quality of your being will manifest on a practical level as love, wisdom, joy, peace and physical health. You can feel it expand with each positive thought. Let your body outlive your death urge!

Actually, it is very difficult to destroy your physical body. Your life urge, if you pay attention to it, warns you again and again before a fatal accident. There is a tremendous margin of safety in the universe.

Fatal illnesses usually take a long time to kill — plenty of warning to change your mind. Over 90% of all suicide attempts are unsuccessful. Your life urges are making you immortal now. All you have to do is to listen to the messages in your own body and to honor them. All pain is anchored in negative thoughts; if you keep negative thoughts out of your consciousness, you will live forever. Pain is the effort involved in clinging to a negative thought. Positive thoughts instantly bring pleasure. Physical pleasure is experiencing the love of God personally. You have a natural and divine right to physical comfort, pleasure and bliss.

Try living with immortalist ideas for a while; if you decide you liked it better the old way, you can always change your mind.

Suggestions

a. Memorize the above affirmations and aphorisms.

b. Whenever you are tempted to give up — *don't!* Feelings of depression, hopelessness and helplessness are impotent and will dissolve spontaneously if you trust life.

c. Fear is a negative thought which you can change at any time by replacing it with a good thought. Try one of the affirmations.

d. If there is a God, He loves you and your body. When you enjoy it, He enjoys it.

e. Talk about your feelings to friends or spiritual counselors.

f. Make abundant living and physical immortality socially acceptable topics.

g. Let go of all negativity and morbidity in your mind. •

The belief that death is inevitable is just as ridiculous as the belief that machines heavier than air can't fly. Over half the people alive today may already be immortal, only some of them haven't found out about it yet. It's up to you to tell them the good news. If you don't they may die and join the scrap heap of deathist believers.

This message is your tool. If you are afraid of what your friends might think of you when you become immortal, imagine what they will think of you if you become dead. You have the option to be eternal, or you can choose to be dead right.

Visionary ideas may seem strange at first, but they may save your life.

Our favorite books on physical immortality so far are *The Immortalist* by Alan Harrington and *Rebirthing in the New Age* by Orr and Ray; published by Celestial Arts; *Life and Teachings of the Masters of the Far East* by Baird Spaulding and *Beyond Mortal Boundaries* by Annalee Skarin, published by De Vors and Company; and *Autobiography of a Yogi* by Paramahansa Yogananda, published by the Self Realization Fellowship.

3. Participate in spiritual purification and body mastery. Spiritual breathing is an advanced technology for achieving physical immortality. It is a psychophysical experience of Infinite Being. By merging the inhale with the exhale in a relaxed breathing rhythm, a vibrating sensation is activated in the body which increases in intensity until the whole body is immersed in divine energy flows. These vibrations and energy flows are God's "vacuum cleaner" that cleanses the psychic dirt, tension and illness out of the mind and body. Spiritual breathing washes the inside of the body. The most effective way to do spiritual breathing is in completed cycles. A completed cycle is to connect the inhale to the exhale in a continuous breathing rhythm which causes the vibrations to start spontaneously and to continue the breathing until the vibrations stop spontaneously, leaving calmness and serenity.

We have trained a few thousand breathing teachers since 1974 who have taught over

100,000 people around the world. Although it is possible to do it without proper instruction, and people in increasing numbers are stumbling into the experience as a result of ordinary spiritual enlightenment techniques, it is best to seek instruction from a person who has had proper training. We are training people as rapidly as possible and a list of existing centers is available on the last page. The reason a teacher is needed to guide people is because the energy vibrations can become so powerful in the body that people get inhibited by fear and have incomplete cycles. We call it getting stuck. Being guided by a rebirther through five to ten completed cycles gives a person enough freedom and confidence to do solo cycles.

Spiritual breathing is an American form of prana yoga. It is done by inspiration rather than discipline, but the old forms of prana yoga still work. Doing twenty connected breaths two or three times per day will produce tremendous value and can be done safely without any instruction — just connect the inhale to the exhale without any holding twenty times. The result is subtle, but apparent. This subtle method is described in the book *Autobiography of a Yogi* by Paramahansa Yogananda. In this book, it is called kriya yoga. Spiritual breathing is very different than the full discipline of kriya yoga. This American method often uses hot water bathing to free the breathing mechanism from birth trauma.

Herakhan Baba materialized a human body in adult form in 1970 to make himself available to people in this age. He is a master of all forms of immortality, yoga and has the ability to dematerialize and rematerialize his body whenever he wishes. He can turn his body into a ball of light and travel around the universe. He has appeared to some of us in the United States. He just appeared in the room for a few minutes, delivered his message and disappeared. His ashram in India is located in the village of Herakhan near Haldwani, in the State of U.P. India: maps can be obtained from a center listed. Herakhan Baba called spiritual breathing the "New Yoga" because it is effective in banishing the darkness from human souls fast enough to prepare us for the New Age of light, love, simplicity and truth. He also said that spiritual breathing can produce mahamritenjay, which means the supreme victory over death. Breath mastery is the supreme method of conquering death because it releases not only health, but also bliss, energy, joy, patience and wisdom in the human personality.

The most advanced theory of aging by scientists is that it is not caused by the passing of time, but by accumulation of wastes in the cells of the body through inadequate oxidation and by negative suggestions and thoughts in the mind. Spiritual breathing as a perfect process was initiated in 1974 and already thousands of senior citizens have reported dramatic reversal of aging symptoms. Several breathing sessions permanently transform the breathing mechanism by repairing the damage done to the first breath

during birth trauma. After this transformation, correct and uninhibited breathing becomes spontaneous and natural. The book *Rebirthing in the New Age* reports from women and obstetricians that the rebirth experience also transforms the experience of birth for both mother and infant. Rebirthing and the philosophy of physical immortality seems to be an effective way of unraveling the birth-death cycle.

Prana is eternal cosmic life energy. It is the source of earth, air, water and fire of which the body is made. Prana as infinite being and infinite intelligence built all human bodies and can rebuild and heal everything. We have evidence that rebirthing has healed everything from asthma to cancer. Since prana is eternal, we have concluded that the body filled with prana is eternal. Having the conscious mastery of your own life source is your natural right.

Until breath mastery is established in schools, hospitals and churches, breathing teachers maintain themselves through fees and donations, but they have been trained in prosperity consciousness and are willing to teach people for free and trust the love of the universe for their material support. We believe that spiritual breathing will one day become more popular than sex. Those who have mastered the breath experience like spiritual breathing as much if not more than sex because it is a biological experience of God and it produces physical and emotional satisfaction with every breath.

Breath mastery and thought mastery are absolutely basic. It may be that these plus daily remembrance of God, fasting occasionally to let the digestive system rest, a weekly massage, normal exercise and other common sense health practices are all that are necessary to keep your body healthy and eternal. But there is an infinite supply of methods of body mastery and spiritual purification.

Achieving physical immortality may be easier and more fun than you think!

Multiply this message and spread it around! Let's see what it's like to live in an eternity of conscious human beings! It's time to stop pretending! Love yourself, your brothers and sisters with greater freedom!

Remember —
If you can't take it with you, don't go!

Truth: Infinite being, infinite intelligence; infinite manifestation... when realized in individual consciousness produces self-esteem, love for the physical body (physical immortality) and appreciation that the human breath and the human mind is the bridge between the visible and invisible. The purpose of the universe is to support your purposes in life and your body in comfort and pleasure.

Simplicity: Trusting only your spirit, mind and body for happiness, bliss and peace while walking the earth. Not permitting your divinity to be invalidated by dependence on any material thing. Raising

the quality of your thoughts one at a time to maintain a clean mind with enlightened emotions...through chanting *Om Namaha Shivai*.

Love: Perceiving infinite being between your thoughts and encouraging everyone around you to do the same. Remembering that each thought connects you to infinite intelligence by permitting you to love yourself and others with the highest wisdom of perfect life. Love is ultimately self-approval and intuitive perception of infinite being in everyone.

This chapter on the Common Sense of Physical Immortality may be copied and distributed separately from the rest of the book.

How to Handle Paranoia

"A little paranoia is a sign of mental health." — Leonard Orr.

There is no one in the human race and no thing in the universe that desires nor is interested in your death, except you.

No one will think of or talk of your death unless it is an attempt to save you or themselves. That is, if someone kids you about killing you, the purpose of it is to free you from your fearful thoughts. Other people are as safe as your thoughts about them. In fact, other people are usually safer than your thoughts about them. The truth is, they are afraid of you. It is only their fear of you or their own thoughts that would cause them to harm you. First, process out your fearful thoughts until you become peaceful and then you will be able to see the people around you clearly enough to help them to process out their fearful thoughts.

Physical immortality is such a great and inspirational idea that it can stimulate the last of your paranoia. If as a child your parents or your brothers and sisters took away the things that you loved, then your mind may immediately think that death will take away your life if you love the idea of physical immortality. This is impossible because life is eternal, it survives death. If your family members haven't killed you yet, then no one else will. Statistically, most murders are done by a family member, by people who know you and who claim to love you. Statistically, it is extremely difficult to get yourself murdered on the street by a stranger, almost impossible. You really must make victim consciousness a full time job to get yourself murdered by anyone. Becoming a victim is too much work, it is not worth it: why not forget it? Statistically, all murders are done by yourself. If you don't kill yourself in your own thoughts, neither will anyone else. However, it feels good to also free the people around you from their fearful thoughts.

If you are not dead now, you are safe. If you change one fearful thought now, you will be safe in the future. Don't be afraid of fearful thoughts, they are your protectors. Fear warns you of your own and others' negative thoughts. If you are safe in your mind now, you can be safe anywhere, even on a battlefield. Everyone who walked away after the battle alive, thought that the enemy would not kill them in some form. They had a belief or desire for life — at least an excuse. Wars are all started by deathist mentality — by mortals — people who believe they are mortals and don't like this belief system. War is a protest against victim mentality, but a feeble, hypocritical protest. People killing themselves and each other as a protest — it is not very effective.

Therefore, get safe in your mind now and stay safe. Get the people around you into safety and all you will have is peace. Violence will disappear and everyone who dies will die peacefully. It is OK for other people to die if they desire to. It is OK for you to die. But the ultimate is to become the master of your body, to become the master of your energy system, of your thoughts, feelings, energies and organs. After you have the ability to dematerialize consciously and take your body with you, you have earned the right to die in the conventional manner. Overpopulation is a bigger enemy than death. It produces ignorant people, starvation and disease, destruction of nature and scarcity.

In the real world, as immortals or spiritual masters or even near masters create love, war ceases and people are more able to die quietly of diseases for their own creation.

This is probably already true in India. There is very little violence in India and most of it was learned from the Western world. Not only do most people die "peacefully" in India, but "mahasamadhi" is the idea of consciously leaving the body on purpose without even having an ill body or an old, worn-out body. I would like to raise questions about this practice.

1. Here and now — spirit, mind and body is where everything is — is best. Leaving the body doesn't automatically make things better, maybe worse.

2. "Mahasamadhi" masters may be just another form of ignorance and "orthodox" doctrine. It may be a cover for a very negative philosophy.

3. It obviously is a sophisticated form of deathist philosophy.

The root of paranoia is the belief that death is inevitable, that God or nature or somebody is interested in killing you or harming you. Obviously, you can't think this without feeling unloved. The Bible says that perfect love casteth out all fear. Fear is the effort of clinging to a negative thought. If you have no negative thoughts, you have no fear only self-approval and self-love. If you don't remember all of these ideas, remember this

affirmation: *There is a huge margin of safety in the universe. There is room for me to commit many errors without endangering myself.*

Obviously, it is difficult to succeed in any economy when your fear keeps you from relating to people and the universe successfully.

Affirmation of the week:

I forgive myself for all the pain and misery I have caused myself and I am now loving myself unconditionally. (Thanks to Sondra Staley for the affirmation.)



Chapter V

Physical Immortality: Aging and Youthing

(1980)

Our wonderful great American Way of Life has steadily eroded deathist mentality to the point where physical immortality is inevitable to millions of unaware ordinary people with healthy minds and bodies. The belief system that death is inevitable is still the biggest killer. Its chief corollary is death is beyond my control. Another is: God is outside somewhere, but not on or in earth, nor in my body. But this belief system is losing its power.

Jesus and all the chief Biblical characters have told us in an infinite number of ways throughout the Bible that the human body is the chief temple where God dwells. The physical body is the Holy Place, the human mind is the Most Holy Place. When the body is unhealthy, it is the prophecy of doom; it is the warning that spiritual purification is necessary. These simple purification exercises can heal anything. All symptoms in the body are sermons in your holy temple for the purpose of awakening the sleeping parts of your consciousness. Their purpose is to raise your consciousness — to teach you something. By keeping your body healthy, you are providing yourself with the opportunity of eternal life on earth.

Immortals have the greatest motivation for ecology, for social order, for sanity in politics, for simple technology, for universal prosperity, etc. Immortal human beings have time to master all the technology of spiritual purification. Mastering food and sleep — two of the most obvious — blocks to full consciousness — is a small price of God to ask for the tremendous freedom and mastery that it brings. But it cannot be forced. Slowness is holiness! The yoga of comfort and pleasure is the yoga of supreme wisdom. If you are alive now, God loves you. If you do one fast for one day, you increase your chances for physical immortality. Every symptom you heal increases self-mastery. There is plenty of time. Don't rush! Relax and think. Common ordinary thinking is the greatest of spiritual purification exercises — common sense and a sense of humor lead to immortality. Babaji has a great sense of humor. Each success in spiritual purification buys you more time and more pleasure and satisfaction. Do it and teach it to other people.

Many millions of people on earth today have consciously acquired enough health of mind and body to live for 500 years — why not forever? Who will tell them the good news of their blessed state?

For some of them, daily bathing and a three day fast two or three times per year may be enough to keep themselves healthy for centuries. They already have clear and healthy minds, practice integrity, have mastered love and kindness, are good people. For these people eternal life is natural, but the deathist belief system can still cause them to destroy their bodies. Why? For whose benefit? The value of physical death is highly overrated.

However, physical death is an involuntary technique of spiritual purification. It is true that if we are unwilling to purify ourselves, the physical universe will impose this upon us. The earth evidently has consciousness enough to purify itself of people who don't. Meditation upon the ecology of nature can teach you enough ecology of your own body to become as immortal as the earth. "God so loved the world" takes on new meaning, that whosoever discovers its secrets lives forever. Whoever knows that the same intelligence that created earth dwells in us has eternal life.

On the other hand, consider this: our society is ruled by doom and gloom as long as the average convalescent hospital is ruled by gloom and doom. My experience of convalescent hospitals is that they are ruled by the gloom and doom of deathist mentality. Not only are the inmates sad and sick, powerless, impotent and hopeless to deal with their own minds and bodies, but I've seen strong and healthy middle-aged staff members become immobilized and degenerated as a result of working in them. It's very frustrating to try to help people who are determined to pursue a collision course with death. It's very difficult for convalescent hospitals to keep good staff members; even people with the best intentions become demoralized with too much exposure to deathist mentality.

I believe that senility is a natural form of primal therapy. I believe that senior citizens who unravel their death urge will discover the fountain of youth within their own minds and bodies. The basic question is why did they not discover it already in 60 to 70 years. I believe the answer is to be found in the way children are treated in our society. Most people have experienced their divine child being suppressed at an early age. The natural divinity was beaten out of too many children. Most people received too much punishment, either physical or psychological, in the name of discipline, by hypocritical

parents who say they are doing it for the child's own "good." The truth is that the parents lost their divinity and are afraid to admit the truth, which is that their children are more divine than they are. They are also afraid of the realization that they have been suffering their whole lives because their parents were wrong when they would like to believe that their parents were right. Children have so much love that they are not only willing to die for their parents and grandparents, they are also willing to lose their souls for their parents. Children are not safe around adults who have a deathist mentality and who haven't unraveled the parental disapproval syndrome.

The tragedy of convalescent hospitals is that senior citizens die in the middle of the youthing process. This tragedy is caused by the gloom and doom of deathist mentality. So a practical way to save our society from prophecies of doom is to eliminate mortal mentality in senior citizens' homes and include people who are experiencing senility in the mainstream of society. Senility is the process of rediscovering the natural divine child within. Senility is a natural form of primal therapy which starts the youthing process. When it becomes safe for senior citizens to act like children and be childish, then the magic of the fountain of youth will become ordinary. It is a fact that most senior citizens would rather die than suppress their divine child any longer. Suppressing our natural divinity is so painful and takes so much effort that it leads to mental and physical illnesses and death. Death and doom are the final result of lying about our natural divinity. We are the glorious children of God whether we like it or not. The punishment for lying about it is insanity, disease and death. It's time to start loving the aged and the infirmed and to make it socially acceptable for the miraculous power of God to heal anything with or without any effort on our part. God has been reigning in the world whether we have noticed it or not. God's love for the world has and will cause the earth to survive even though most humans have not. The world doesn't need to be saved. The only question is are we humans willing and able to save ourselves.

The truth is that you are naturally divine and perfect. The punishment for exalting sinner consciousness above the truth is physical death.

Middle aged people have the same fear of senior citizens as they do of children. Children tell the truth until their freedom of speech is suppressed and senior citizens tell the truth in their minds and bodies fully exposed for everyone to see. Jesus Christ said, "And ye shall know the truth and the truth shall set you free." But Jesus also said that people run from the truth because their deeds are evil.

The youthing process can be started at any age. The technique is to relax into your thoughts of aging to let go of your fear of aging and its ugliness, and then to release the thoughts themselves.

Your natural divine perfection has a tendency to heal your emotions and body spontaneously when you release your negative thoughts. One of the natural qualities of eternal life and spirit is youthfulness. You can fill your mind and body with youthfulness and health whenever you like. It is never too late.

The Basic Spiritual Purification Program

A Three Year Course in Truth, Simplicity and Love

Eternal Life is the Source of Youthing as well as Aging

Step 1 – The mind: Write out on paper or record on tape all your thoughts, for fifteen minutes – uncensored. Then go through what you have recorded and change all the negative thoughts into positive ones in writing. Do it again. And do it again and again until you feel good. One whole day per week should be devoted to this process until you feel good or high all week. Then you can continue it only one hour per week. You can accelerate this process by doing it every day. If you do it too much, you will have a tendency to get spacey and unproductive or hyper. This exercise should be done every time you feel low or depressed. It shaves off the bottom of each discouragement. It should also be done during spaceyness and at times to find out what the source of the hypertension is. This exercise will eventually yield total peace and control of your mind, your body and your life. Expose yourself to good literature through books and tapes.

Step 2 – Your breath: The breath is the power of both the human mind and body. Do 20 connected breaths each day – connecting the inhale to the exhale in a relaxed rhythm. Be gentle and conscious on the inhale and relaxed on the exhale. Let go of the exhale so that gravity is causing the

exhale – no pushing or holding. Do 10 to 20 spiritual breathing sessions with a well-trained spiritual breathing teacher or rebirther. This should include warm water rebirthing, as well as cold water rebirthing.

Step 3 – Food. Abstain from food for one day each week for one year. It probably should be a week day. Weekend days are often social experiences and therefore they are not good to establish a rhythm. Do only one day per week the first year. Then do two days per week the second year. Then do three days per week the third year. I don't recommend that you accelerate this program because your mind and body likes lots of time and experience to integrate these new food habits and rhythms. It is OK to do half day fasts and to cheat occasionally in order to process guilt and to learn something about the yoga of comfort and pleasure. Liquids are permitted on fast days. I recommend vegetarianism and fruit diets as a normal practice.

Step 4 – Sing the name of God daily: you can chant any name for God, but I have received the greatest value from singing *Om Namaha Shivai*. The purpose of repeating the name of God every day is that it evokes the divine presence and all divine emotions. It is wonderful to remember the name of God constantly throughout the day until it becomes an ever-present thought. This may be the simplest and the greatest technique of spiritual purification.

Step 5 – Physical exercise. I recommend that you walk around your block every day and meditate upon your neighbor for the purpose of loving them all. Be conscious of nature in your neighborhood.

Step 6 – Sleep. Stay awake all night once each month. Meditate on the emotional changes and body feelings. Meditate on the moon and the sunrise. Use the affirmations exercise in step one to process your disturbing thoughts or feelings.

Step 7 – Spiritual community. Participate in a monthly town meeting on your block. The purpose is to realize a spiritual family and friendships as well as to fulfill the basic responsibilities of citizenship. Learn from the great saints on earth.

Step 8 – Hair. Shave your head at least once every 10 years. I recommend that during one year every decade or so, you shave your head once per week for nine months. This cleans your energy body, heals the body and reverses the aging process. It accelerates the youthing process.

Step 9 – Bathing. Water purification is simple and easy. I have had the practice of meditating while immersed in a warm bath tub for one hour per day for many years. Taking showers daily is effective, but I recommend total immersion in water at least once per week. Doing connected breathing while entering the water produces special

value, but you can easily experience your energy body, the human aura, by meditating on feeling changes as you enter the water.

Step 10 – Fire. We have taken fire for granted. We use the power of fire in our cars, our homes; it does most of our work for us and is the source of infinite kinds of comforts and pleasures. In India and Native American cultures, people practice a ceremony of feeding the fire with ordinary daily food as an act of respect and gratitude for what fire does for us. American Indians also sometimes give food to their water sources also to feed the gods of nature. These are good practices.

Step 11 – Manual labor: physical work is holy. I recommend that you regularly use your body to do house work, gardening, even carrying out your own trash. Working in or on the natural earth produces good feelings and spiritual enlightenment. Farming is the holiest occupation on earth. Body work methods like massage and athletic activities also qualify as manual labor. Receiving massage and body work like Rolfing, Feldenkrais, Alexander, Traeger, Vitaflex, Tai Chi and athletics are all methods of spiritual purification.

Step 12 – Population control. Each person must exercise more responsibility for our reproductive powers. The present population on earth can and should be reduced by peaceful means. You can do it by controlling your own reproductive powers, controlling the population growth on your block, and in your city. The birth-death rate on your block should be counted monthly and annually to make yourself and your neighbors conscious of these responsibilities. As physical immortality becomes more popular, more conscious child bearing becomes important. Unraveling the trauma of the birth-death cycle rehabilitates our ability to appear and disappear on earth by choice.

Step 13 – Money: winning the money game through intelligent, enjoyable and loving service is a method of spiritual purification. Your rewards in life tangible and intangible are directly proportional to the quality and quantity of service which you render to your fellow beings on this planet.

The revelations and freedom that will be inspired in you as a practice of these thirteen simple and natural spiritual purification exercises have the power to realize heaven on earth. Your personal perfection is possible. Your personal perfection has been waiting for you throughout all eternity. These spiritual purification exercises will open you up so you can let it in. They will enable you to release all of your negativity. They are fun and enlightening.



Chapter VI

More on Spiritual Purification

(1980)

More people die from eating than from starvation. Starvation is not the enemy. Hunger may be. Hunger is not comfort and pleasure. It is OK to satisfy hunger, unless it is obviously harmful.

The purpose of fasting is not loss of weight, or strength, nor hunger. The purpose of fasting is to permit the blood to do its job of cleaning the body. When the blood is constantly polluted with an excess of food, it is overworked. Over-polluting the blood and digestive system, as well as the nervous system, the human aura, muscles, etc., with too much food causes it to malfunction. Excess eating is just one of nature's way of getting rid of excess ignorant people. So is ignorant starvation.

Everyone I've ever known who ate every other day or less was healthier, stronger and more intelligent and loving than people who eat every day. Try it for one week and see how you feel. Be a scientist. Yoga is the science of life, the science of God realization.

If fasting makes you mean and irritable, you should stop. The purpose of spiritual purification is truth, simplicity and love. If fasting doesn't make you more sensitive and kind and loving, then you should back up and do more thinking and learn breath mastery. Thinking, breath mastery, and receiving loving massage and affection and friendship are the ultimate techniques of spiritual purification.

All these techniques can increase the quality and quantity of your love. They can make you a warm, loving and lovable person.

Spiritual purification should not be used to punish yourself or others. To do it out of guilt or to prove something may make you into a fanatic, an oddball. Master thinking, the practice of affirmations, breathing and receiving massages first. Thinking, breathing and touching can heal everything and make your life totally pleasurable and totally perfect. These are the greatest healers, they work every time on everything. Babaji just reminded me to add, chant the name of God — *Om Namaha Shivai*. The name of God purifies all negativity and evokes all divine emotions. Remember the names of God are the supreme thoughts. God is the source of the breath and loving touch.

Spiritual Purification Exercises

The idea of spiritual purification is to enrich and fill the mind, body and spirit which is the life of the human personality through simple exercises. The following exercises are very simple and easy to do, but they should be done in small doses because they have the power to induce temporary insanity.

The cure for temporary insanity can be realized instantly in most cases by repeating, concentrating or thinking about the following idea: *The Bottom of All Emotions Is Infinite Being*. It could also be stated that at the bottom of all emotions is infinite being. Or it is just as true that at the top of all emotions is infinite being. Infinite being is order and peace. Infinite being is wisdom, humor, love, common sense and spiritual enlightenment.

The wisdom of the austerity part of spiritual purification is comfort and pleasure. As long as you are not dead yet, it is OK to take a vacation from self improvement when needed. The goal is not discipline, it surpasses discipline. The goal is rest, not strength.

If an austerity is unpleasant, it is temporary insanity. But if an austerity induces insanity or pain, it is necessary for spiritual, mental and physical health. The goal is not pain, nor even the ability to endure pain, the goal is freedom from pain. The goal is to be so wise and blissed out by the fullness of spirit in mind and body that these purification exercises cannot induce insanity nor pain.

If the following exercises are studied and practiced intelligently and patiently, they may cause clarity and victory over all personal problems. They can make people healthy in mind and body permanently. The simple obvious things always work. Insanity, disease and pain are always temporary, they always have been and they always will be. They automatically self-destruct. By temporary insanity I mean letting yourself feel the emotions of fear, sadness, anger, depression, confusion, despair, frustration, etc. Any technique or exercise such as fasting has the power to bring these emotions, if they are

suppressed in a person to the surface and to cleanse them out of the human personality.

I recommend that you take one exercise at a time and experiment with it a little. I recommend that you start with the one that seems easiest for you and by the time you have mastered the easy one, the hard ones will be easy also. Start with the easy ones and save the difficult ones 'till later.

I have found that self-mastery brings tremendous satisfaction. The discomfort of fasting for three days is nothing when it is compared with the joy of accomplishment after completing it. The discomfort is also nothing when compared to the pleasure of eating afterward.

There is a wisdom or knowledge to each exercise. For example, mastering fasting from food makes people great healers because the human body was constructed directly from the blood stream in the womb. It was made perfectly originally and there is something you will discover about fasting that resurrects the perfection and health of the body. The knowledge of blood purification through a three-day fast is only one little bit of knowledge to be experienced. There is a great wealth of knowledge to be learned from fasting and each of the techniques.

Politics is spiritual purification through endless talking. But it works.

Sex is spiritual purification. The goal of sex is not reproduction, but human warmth, affection and love. Love is God. God is love. Making love produces as much spiritual enlightenment as going to church. To be too enthusiastic about one method of purification is fanaticism and unbalanced. They should all be used in moderation. Slowness is holiness! Even moderation should be used in moderation.

I have found spiritual purification to be fun and very enlightening.

Babaji, the great yogi master, is the embodiment of spiritual purification. When I visited him last in Herakhan, he taught me at least two other techniques that aren't on the following list.

One is the simple haircut. He suggested that I shave my head with a straight razor at least once each week for nine months. It would take a whole book to tell all that I have learned from doing this simple act. He said, "It heals 108 diseases and reverses the aging

process." It does. You will never know what it will do for you until you try it.

The other thing Babaji taught me this year in 1979 is the value of conquering sleep. I learned that sleep is mostly an escape mechanism from suppressed feelings. When I slept less than I thought I should, I felt miserable. By processing the miserable feelings, I attained new levels of happiness and energy.

Babaji is the total master of his human and divine nature. To be guided by an experienced master is the fast and easy way. There truly is a special grace in the guru's presence.

But it is OK to do it ourselves. Sometimes it is more fun and sometimes we get more wisdom and experience from doing spiritual purification the slow difficult way. Ultimately, the guru is inside of us all. As long as we have spirit, mind and body together, we are practicing the truth. Doing it ourselves causes us to experiment more — to be scientists and become our own authority. After perfection has been attained, there is nothing to do but experiment.

Finally, it is time for Western countries to put courses about spiritual purification in the schools and colleges. We need a Ph.D. in spiritual purification. Even our churches have become so devoid of practical purification exercises that cults with one or a few sincerely practiced can easily win people out of the established churches. Our schools and institutions have to find a way to implement spiritual purification in a practical way if our culture is to survive.

Movies and TV are methods of spiritual purification because they force people to think. But I believe that the movies and TV are also unsatisfying substitutes for community gatherings and town meetings. Unfortunately, no one alive today has experienced real participation in republican democracy on a national level. Very few people have experienced the democratic process even on a local level. This is a tragedy. Correcting this tragedy may produce temporary insanity for a lot of people. But if we don't correct it, the temporary insanity will last a lot longer. It is hard to experience and receive other people's love when you are alone than it is when you are in communication with people. I hope I am wrong, but I'm afraid that most nations will experience mass violence if we don't establish monthly town meetings on every block by the end of 1979.

It seems that too many people in the U.S. and countries all over the world that are dominated by a money system have forsaken the simple arts of friendship and community in a habitual pursuit of the almighty dollar. Governments have reflected this money neurosis of the masses of individual citizens by seeking money also through oppressive and complicated tax systems that add to the individual's feelings of scarcity, insecurity, urgency and hopelessness. Simple neighbor-

hood friendship and community that will be evolved and inspired by a monthly town meeting on each block is the only fast way that I can see that will solve these problems. Neighborhood communities can clear up hopelessness, insecurity, financial problems, tax reform and prevent potential violence. Emotional problems are more fun to deal with in community than they are in solitary confinement even though solitary confinement happens to be voluntary. Love and wisdom is the answer. Insofar as movies and TV stimulate love and wisdom, they may hold our society together until we form enough genuine experiences of friendship and community. Other sources in the community are work, forming friendships and having meaningful dialogue with our associates at work; religious and self improvement groups, civic clubs and political activities; schools and colleges and even prisons. Prisons are forced institutions devoted to spiritual purification. If we realized this, we could make prisons a whole lot more pleasurable and effective.

Automobiles are one of God's favorite vehicles of spiritual purification for the present generation. Cars often trap people alone and force them to meditate. If the drivers don't think deeply enough to solve their emotional problems while driving, the cars break down or have accidents. There are no accidents, only emotional problems looking for a place to happen. Did you ever notice that car failures and accidents happen in the middle of urgency or at the worst possible times? People without emotional problems have a clear head, do regular reparative maintenance on their automobiles and have safe driving records. Ancient highly developed civilizations like Atlantis had high scientific technology, but they didn't have automobiles. Automobiles allow people with a highly developed death urge to kill themselves without creating wars. Private ownership of automobiles and public commercial airlines have probably done more to prevent World War III than all the orthodox Christian churches and expensive modern universities put together. I call automobiles God's favorite method of spiritual purification because they make it possible for even dummies to make it. Cars may be the most popular false god worshipped in our generation, but few people can imagine heaven on earth without them. Supermarkets are not possible without trucks; therefore trucks are the source of our food. Few people can imagine heaven on earth without a full belly. Materialism is totally dependent upon the belief system that three meals a day are necessary for good health.

If simple fasting gets you in touch with enough hunger to make you realize how far away from the land and nature that you are, then it has started your spiritual purification process. If fasting inspires you to build your own garden, even if it is on the roof of your

22nd story apartment in Manhattan or your kitchen window, then it should be obvious that missing a few meals has saved your life.

It's worth repeating that acts of spiritual purification that have the ability to produce temporary insanity should be taken in small doses. As soon as the spiritual purification exercises produce confusion, inspiration, depression, anger, physical weakness or other emotional turmoil, you should stop the exercising and resume your normal habits until you feel balanced, secure and normal again. Although feeling balanced and normal may be a state of extreme illness and pollution, it is OK to return to this state as long as it doesn't kill you or somebody else.

Earth, air water and fire are our most valuable material possessions. They are infinitely more valuable than money. Without earth, air water and fire, there would be no money nor even gold — no automobiles nor bodies.

In addition to thinking, breathing is the most important technique of spiritual purification. This will be discussed in the chapter on rebirthing which may also be called spiritual breathing or scientific breathing rhythms. Connecting the inhale to the exhale in a relaxed intuitive breathing rhythm automatically induces a biological experience of God.

The simple act of bathing daily in water can be a profound act of spiritual purification. To gain the value of water purification, you should practice immersions in a bath tub, sea or river while meditating before, during and after. The value of thinking deeply while going in and out of water is that it enables you to discover how bathing changes your emotional and psychological states. Thinking while lying in a warm bath tub is the greatest form of meditation I have ever tried.

Without fire: houses, clothes, automobiles, electricity and hot water are not possible. The American Indians and the Indian Indians have simple fire ceremonies as part of their religious rituals; so do other cultures. The essence of this ceremony is to feed the fire by throwing some ordinary food into the fire while in meditative posture. Bathing in warm water merges water and fire purification. Breathing your body in warm water merges earth, air, water and fire. This may be why it is the source of such great revelations and inspirations.

It is necessary to pursue a spiritual purification in a balanced, humane and patient way. To pursue one method with too much enthusiasm may create fanaticism and cults. The goal of spiritual purification is to tap enough of man's divine nature to produce heaven on earth. Remember the famous saying of Herakhan Baba: "slowness is holiness."

The following list of spiritual purification exercises is intended to be as brief as possible. Many books have and should be

written about each of them. I recommend that you read as much as you need to process with each one in safety, but I recommend that you do your own experiments and write some books yourself even if you are the only one who reads them. Experimenting with these exercises for the purpose of discovering the love and purity in your own heart is an infallible method of saving yourself and the world. In our affluent society, teaching these techniques to other people out of your own experience makes a great profession. Practicing these simple spiritual purification exercises and experimenting with them is better training than you can get at any university or theological seminary. Unfortunately, our schools and churches and governmental institutions do not seem to be producing divine human beings. They seem to be producing polluted minds and bodies who have ideas and value systems that cause them to pollute the earth, air, water and fire of this universe. It is this fact that has produced the popularity of cults and anticuts. A superficial study of the following catalogue of spiritual purification exercises will reveal that they are main themes of the teaching of Jesus, the Bible and all the great world religions. Practicing each of them in moderation evolves humanity, as well as the divinity of all people.

It takes surprisingly little discipline and effort to produce a healthy mind and body, but it does take that little. It is OK to push our limits a little. Sometimes avoiding effort is more effort than the effort itself. Sometimes putting up with misery is more painful than the cure. Faith in God means that the universe is filled with wonderful surprises. God did a good job when he or she made the human body and mind. They have a natural tendency to heal without any help from us, they take an amazing amount of abuse and pollution before simple spiritual purification won't restore them.

Some people make spiritual mastery so difficult, even God couldn't make it!

When everyone becomes a spiritual master, there will be nothing to do but eat!

The philosophy of physical immortality gives your body a chance. Deathist mentality guarantees its destruction. The realization of physical immortality takes intuition as well as the belief system. There is no idea, system or belief that will cause you to make it. Living forever comes only by swimming in the ocean of aliveness. The soul is measured by the body. Therefore, the neglect of the body is not an enlightened thing to do. Your love for God is manifested in heart by the way you love your body. If you love your body half as much as God does, you will live forever.

And figuring out how to stay alive as you go along. But there is a way to create a margin of safety. The right kind of thoughts and beliefs are like divine mattresses that not only keep you from harm but enable you to

go through life in comfort and pleasure.

Physical immortality brings you face to face with the fact that death doesn't solve any problems. You are stuck with your ignorance and misery until you get smart. Until you release it, feel good about yourself. Physical immortality philosophy motivates people to achieve total liberation, spiritual freedom through knowledge of the truth. And ye shall hear the truth and the truth shall make you free.

Your death urge is a psychic entity which tries to survive. Your death urge has a life urge. It will protect itself even at the expense of your body.

The choice to master your physical body prevents natural disasters, man-made disasters and creates a propensity in people to save nature and their neighbors, to make the world work. It is a choice that creates extraordinary responsibility for the present and the future because we have to live in it.

We have to live with the effects of our personal causes. The judgment is here and now, not after death.

Spiritual Purification Exercises for the Renewal of Humanity's Lease on Planet Earth

God has leased us a body...the lease payments have to be made if we desire to keep it. God doesn't require money; he requires the fulfillment of a few simple exercises that demonstrate that we have mastered our own possession. God has also leased us a planet, as the Hopi Indians have been trying to teach us. All thoughts and actions have the power to bring about prosperity or disaster. The lease payment consists of love and respect for mother earth and her resources.

The following exercises bring about a cleansing of the physical body, the human mind and a conscious relationship to mother earth so that our enjoyment of the physical earth is guaranteed. If every person in the world practiced these simple principles, they would manifest Heaven on Earth.

1. Practice truth, simplicity and love above all.

2. Master your mind by passing judgment on each thought as it flows through your consciousness, discarding ugly ones and reinforcing beautiful ones. Develop the consciousness of your personal connection to Infinite Being, Infinite Intelligence and Infinite Manifestation. The practice of affirmations is a practical way to implement this.

3. Liberate your breath so that you breathe fully and freely all day. The breath of life is the power of human personality. The ultimate breathing technique is connecting the inhale to the exhale without any holding and continuing this rhythm in a relaxed way

as long as it is comfortable and pleasurable. Merging the inhale with the exhale is the physiological experience of the unity of being or oneness with God. We recommend that you practice twenty connected breaths at least once per day.

Breathing in this manner is sometimes called kriya yoga, or rebirthing, which is an American form of prana yoga. The breath is the power of the mind; the breath and the mind are the bridges between the visible and the invisible. We recommend that you seek a competent and experienced breathing instructor.

Warning: maintaining connected breathing rhythm for more than twenty connected breaths at a time may induce hyperventilation. Hyperventilation heals the psychophysiological memory of birth trauma and can be cleared up by continuing the relaxed connected breathing rhythm until the emotional and physical drama stops. Rebirthers can help you handle the fear of hyperventilation and some doctors can.

4. Master food and fasting. Try the following simple diets, one at a time:

a. Eat every other day instead of every day and see what it teaches you about the meaning of food.

b. Be a vegetarian for 30 days.

c. Eat only fruit every other week for a month or two.

d. Have only milk for a week or a month.

These are simple, elementary diets that teach the purpose of foods and the role they play in the cleansing and health of the physical body, the mind and spirit. Cleansing sometimes produces body symptoms that can be cleared up with breathing and spiritual healing techniques. See appendix on fasting.

5. Try bathing twice per day until you find out the value of cleansing your aura as well as your body with this technique. There is special value in bathing in a natural lake, stream or sea for 30 days consecutively. It is recommended that you bathe once before sunrise and once in the afternoon. This is the practice of Herakhan Baba, the great Yogi master.

6. Total immersion in water is one of the greatest techniques of spiritual purification. It cleans the human aura as well as the body. The United States has more bathtubs than any nation in history. It is entirely possible that hot water has contributed more to the greatness of this country than most people realize. Since we spend nine months immersed in warm water in the womb, total immersion in a comfortable bathtub or hot tub is the bridge between the invisible and the visible worlds. Thinking or daydreaming totally immersed in water bridges these two worlds. The availability of hot water in the United States can produce more spiritual masters per capita than has ever been achieved in the history of the world. But if

Americans don't use it, they are no better than if they had none. We have thousands of natural hot springs in the U.S., most of them not used. We are not using the hot water that God has naturally heated for us. If prisons had hot tubs, they might be empty except as country clubs for the poor.

7. Discover the purpose of the sun by rising every morning to watch the sun appear over the horizon.

8. Discover the healing power of the full moon by watching it all night until you have experienced its ability to heal your mind and body. Herakhan Baba says, "Looking at the moon has the power to heal everything in the human body." This is ancient healing yoga from which modern medicine might learn.

9. Discover the purpose of earth and the miracle powers of nature by growing our own food. All vacant, unused city lots can be covered with gardens. We are the caretakers of spaceship earth. Each of us must take action to eliminate pollution of air, earth and water.

10. Metaphysics teaches us that the only four natural elements are earth, air, water and fire. All other physical elements are man-made derivatives of these four. Therefore, to master earth, air, water and fire is to master the physical universe. The spirit of the human breath is the source of earth, air, water and fire.

11. Discover the purpose of governments by participation. All the political problems of the city, county, state, country and world can be solved by having a monthly town meeting with the people on your block. Without adequate communication with the people on your block, self-government is not satisfying. World safety, peace, prosperity and enlightenment are achieved by loving real physical neighbors. The two foundations of republican democracy are spiritual enlightenment and the ratio of representation. The ratio of representation in the United States should be at least one elected representative for every thousand people.

12. Participate in religious meetings, self-improvement seminars and community conferences.

13. The average middle-class person is the savior of the world: average middle-class people support themselves, stay out of trouble, maintain good health, watch TV and participate in sports rather than making wars. They produce most of the food, clothing, housing and transportation vehicles. They buy the world's products, keep the economy together, support the rich and pay most of the taxes. The world would have no problems if everyone was content to be a responsible member of the middle class. They die quietly. They vote even though they don't know who or what they are voting for. They support the schools and churches. If we independently practice spiritual

purification by private initiative, we will prevent the social and natural disasters predicted for the 1980's.

14. The most beautiful thing on earth is a divine human being. Visit Herakhan Baba and other gurus in India. Herakhan Baba is a total master who has achieved the conscious eternal life of his spirit, mind and body.

15. Chant *Om Namaha Shivai*, especially while driving. *Om* means God the Father — Infinite Being. *Shivai* means God the Son — the creative and destructive power of thought. *Namaha* means the Holy Spirit which is God in Manifested Reality created by the word. *Om Namaha Shivai* is an eternal statement of the trinity of being in a language that precedes human history. Chanting this name of God expands the divine presence in the mind and body. Daily practice builds cumulative effects that are experienced as love, health and bliss.

16. Realize that the purpose of the earth is our comfort and pleasure and the purpose of work is recreation. The divine motivation and personal connection to infinite intelligence of the ordinary citizen is the most wasted resource on earth.

17. Postpone having children until the ones that are already here are all spiritually enlightened. Spiritual enlightenment includes unraveling the birth-death cycle and the parental disapproval syndrome. See treatise on over-population.

18. Money exists for people and not people for money. Establish a citizens' prosperity fund on your block for the purpose of making everyone financially independent.

You are the source of wealth and the money system. Wealth is not money. It is ideas, goods and services. If fifty percent of all the people on earth were in the self-improvement business, money motivation might stimulate a little righteousness.

19. Seek out and experience new age body therapies like Tai Chi, Rolfing, Feldenkrais, yoga, jogging and massage.

20. Read *Life & Teachings of the Masters, Autobiography of a Yogi and Beyond Mortal Boundaries and From Here to Greater Happiness*.

21. Be your own doctor by learning all mental, spiritual and psychic techniques of healing as well as the above.

22. Each beneficiary of public utilities can be conscious of their purity and integrity. Each person can personally tour their local water plant, power, gas and sewage facilities in order to intelligently exercise this responsibility. Since nuclear energy has the ability to influence the masses and our environment, we must each investigate its particular uses and exercise our right to a voice in its uses. The sun of life within is more powerful than any nuclear energy.

23. Further the ambassadorship of the common person by international travel and commerce and create a House of Representatives in the U.N. with an adequate ratio

of representation. An adequate ratio or representation would be one elected representative per every million people.

24. Physical immortality as the conscious eternal life of spirit, mind and body is possible and practical. It is produced by replacing the belief that death is inevitable and beyond our control with an adequate philosophy of physical immortality, by unraveling the personal death urge received from family tradition, and by the practical mastery of the physical body. Transfiguration, dematerializing and rematerializing are done by realizing the body as primarily an energy system directed by thought. Rebirthing is an easy way to cleanse the body from inside out and to experience the human body physiologically as a system of energy flows controlling the organs. It expands youthfulness and longevity.

25. One person does not have the right to destroy the body of another human being. Each person has the responsibility to transform and humanize the military machinery and to see that it is used to expand peace.

26. Politicians and scientists are just children who play with giant toys until they are bored with them; then they throw them away. People with proper humility acknowledge that the best principles of ecology can be learned from other animals.

27. Meditate on the awareness of ordinary people as spiritual masters who are the teachers, students and gurus of each other and use our educational systems for this purpose. The schools are the proper place to teach spiritual purification.

This balanced list of techniques and suggestions for the realization of heaven on earth has been produced by the Rebirth America Project. Further information about each of these items is available from Rebirth America Headquarters, Globe Hotel, P.O. Box 234, Sierraville, California 96126; 916-994-3557. Donations can be mailed to the project. A list of state-wide headquarters and local rebirthers and teachers can be obtained upon request.

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Reading this list may produce insignificant benefits, but taking each point and reading it every day until you have practiced it and mastered it will sooner or later produce heaven in your mind, which is where the earth is.

Don't wait for other people to do them. Start now! It is up to you only. If you take the initiative to purify yourself, others will follow. To preach something you haven't practices is hypocrisy. It is self-sufficiency and self motivation that works. To save the world, you must first save yourself! The first law is to be an ordinary successful human being.

The Middle Class Are the Saviors of the World

In the spiritual government of the world, the average middle-class citizen is the foundation. Out of this foundation has come thousands if not millions of real leaders. These real leaders are calm, wise men and women who may not have positions of leadership but who stabilize society. These true leaders in the spiritual government of the world have constantly raised the standard of mediocrity around them. These unsung heroes are often not appreciated, sometimes not even by themselves. Today in the 1970's, we have the opportunity of realizing heaven on earth and the golden age. This is true not because of science nor technology nor prosperity nor because of religion nor because of the educational system; this is true primarily because of the millions of common, ordinary geniuses who are willing to take responsibility for themselves, the people and the universe in their environment. The people who successfully govern themselves, their own spirits, minds and bodies are the spiritual government of the world. Thousands, if not millions, of these ordinary geniuses have amassed personal pyramids of wealth and power that have diversified centers of power in the world enough to create world safety. These diverse personal power centers criss-cross the political, social, military, literary, economic and religious spheres of mankind completely enough to provide a balanced environment of personal freedom and opportunity for all people. Today we have a world in which truth, simplicity, love, prosperity and brilliance is cross-pollinated in human society so extensively that it is possible for any person to achieve unlimited fame and wealth and, at the same time, to have the power of this fame and wealth be checked by the intelligence and prophetic initiative of the masses of common, ordinary geniuses who are conscious enough to know that they are the source of the power and wealth and fame of their leaders. It is the spiritual ministry of the ordinary citizen that is the source of republican democracy and salvation of the world. Self-government is the source of good government. You are the source of heaven on earth in your very spirit, mind and body.

A poem by Mirabai as taken from Autobiography of a Yogi

If by bathing daily God could be realized
Sooner would I be a whale in the deep;
If by eating roots and fruits He could be known
Gladly would I choose the form of a goat;
If the counting of rosaries uncovered Him I would say my prayers on mammoth beads;
If bowing before the stone images unveiled
Him
A flinty mountain I would humbly worship;
If by drinking milk the Lord could be imbibed
Many calves and children would know Him;
If abandoning one's wife could summon God Would not thousands be eunuchs?
Mirabai knows that to find the Divine One
The only indispensable is Love.

Appendix — Fasting

Warning: Fasting cures some people and makes other people sick. Breathing as described in the foregoing is the simplest and most powerful cleansing process. It is recommended that you master the above described breathing rhythm by having ten to twenty rebirth sessions with a well-trained rebirther on maintaining the rhythm for an hour per day for at least thirty days before trying extensive fasting. It is recommended that you try these simple elementary fasts or diet suggestions before doing extensive fasts.

The Bible says that Jesus fasted for forty days and forty nights without food or water. We recommend that you do one to three day water fasts once a month for one to two years before trying the advanced forty day fasts described by Jesus' example. It is a tragedy that people can graduate from college without knowing that thought is creative and without knowing how to breathe, without knowing the power of the human breath and without learning practical things like massage and fasting. If doing the Jesus fast of forty days and forty nights were required for a Ph.D., ministerial or medical degree, then the world would have to cope with a lot less intellectual baloney.

Fasting without breath mastery starts a purification process that can cause a person to relieve childhood illnesses. This is why we say fasting cures some people and makes other people sick. As a general rule, if you are sick and you start fasting, it will accelerate the healing process. If you are well and start fasting, it can purify old psychoanalytical illnesses and, although this purification process brings on illness, continued fasting will also return a greater state of personal health when the cleansing process is complete. However, sometimes continued fasting will bring on illness on top of another out of the subconscious where they are stored until the mind is totally free of disease. The purpose of fasting is not to produce weakness or loss of weight. If weakness or loss of weight should occur, the fast should be broken and started again after feeling good. The purpose of fasting is not to produce misery but to produce greater capacity for pleasure and mastery of the mind and body.

Obviously, every intelligent person should master fasting. If our society expected everyone to learn fasting and to do the Jesus fast at least once before reaching age 25 and renew it again every ten years, we would not only have a totally healthy adult population, but we would also keep our nation perpetually out of trouble with God.

Doing one major fast in a lifetime is not too much to ask to make people conscious of spirit, mind and body. Fasting teaches us how to care for our bodies and what food is all about. Fasting should be taught in schools.

Physical Immortality

"Man shall not live by bread alone but by every word that proceedeth out of the mouth of God." Jesus Christ.

Physical immortality makes you responsible for your physical body. Statistics indicate that if you don't do experiments with your physical body you will lose it. The basic experiments have to do with food and sleep and water purification — daily bathing. Jesus gave us a simple course to prepare ourselves for the career of local world savior. If you can meditate 24 hours a day without sleeping and without eating or drinking for 40 consecutive days, then you have passed the Jesus course — the basic training for world savior.

I believe it was Babaji who gave Jesus the prescription for Babaji shaved Jesus' head at Benares before he started his self-improvement business. Jesus practiced enough spiritual purification to be able to dematerialize and rematerialize his body as the transfiguration scene shows (Mark 9:4). Of course, we all know about the death and resurrection of Jesus. You may not know that he is alive and well in the Himalayas and is accessible to those who love him.

In the Old Testament Elijah achieved physical immortality through a little different style. I would recommend that you read the full account of his life. The Bible says he was taken to heaven in a fiery chariot, which evidently was a U.F.O. (II Kings:2). In Elijah's account, the U.F.O. is not described but one of Elijah's contemporary prophets, Ezekiel, evidently describes it in full in his book of the Old Testament.

Today our spirit has evolved so many instruments of comfort and pleasure to support the physical body that physical immortality may be achieved simply by changing our negative self-destructive thoughts to positive ones, remembering God daily, learning a little breath mastery, practicing truth, simplicity and love and experimenting a little bit with spiritual purification exercises like daily bathing, fasting occasionally from food and sleep.

Yoga means science of life or the science of union with God. A scientist is a person who experiments with his or her body. If you begin experimenting with your body through connected breathing rhythm or diet changes, you are a yogi. The goal of yoga is the eternal life of spirit, mind and body. Jesus was a yogi, therefore, Christians should be yogis if they follow his example.

I have seen the idea of physical immortality double some people's income. I have also seen the idea of physical immortality put people into 'flake consciousness' because they valued their body as their most valuable material possession more than money. Eventually these people who save themselves become outstandingly wealthy, as well as healthy. So the idea of physical immortality is related to money.

In Praise of the Simple Life

Physical labor is a technique of spiritual purification. Marriage is a technique of spiritual purification whether it is successful or not. Farmers who are spiritually enlightened and who practice spiritual purification techniques with truth, simplicity and love are the spiritual aristocracy of our society.

Think about farmers for a minute. They own their own land. They rule their own land. They are self-sufficient; their land supports them, their home is in the country. They produce surpluses to feed their neighbors and people in the cities. They exchange their production for the machines and products that folks in the city manufacture. Good farmers are an essential foundation in any human society. American farmers are fantastic. They produce high quality abundance. The way they work is beautiful and the results of their work is beautiful. Farmers can benefit tremendously from monthly town meetings just like everybody else. Every 25 to 100 farmers should organize themselves into a master mind group, a spiritual family, that concerns itself with everything that is human and divine. The farmers

of the world have the power and ability to produce heaven on earth. All it takes is to add wisdom and love, full consciousness, to their hard work.

I have often wondered why farmers haven't started their own churches. If they were the source of religion instead of dominated theologians, whose book learning is a substitute for real knowledge, the world would be in a much better place. Theology that doesn't work in the fields is not God's theology. Theologians that don't work in the fields are not trustworthy with human souls and bodies. Farmers are the true saviors of the world. The sooner we realize this the better off we will all be.

Churches, governments, and all institutions have to come to terms with truth, simplicity and love.

It is better for us to reconstruct the government and our tax structures in a conscious way through participation rather than to sit by and wait for our government and economy to collapse.

An elected block leader and a monthly town meeting on every block is the only practical way we can resurrect an adequate ratio of representation. Elected block leaders can meet with existing representatives: (city councilman, county supervisor, state assemblyman, congressman) each month, thereby creating a monthly cycle of communication between all voters and each level of government.

The monthly town meeting enables us to start government over again.



The Unconscious Death Urge

The unconscious death urge is built upon the idea that death is inevitable. I have discovered as the result of working with many people that death is not inevitable and that it too works according to the family tradition — that death is passed down from generation to generation by loving parents. The first step in overcoming death is to question its inevitability, to find out your own family tradition in your consciousness. A lot of people think that the birth trauma and the unconscious death urge and the idea of physical immortality are really esoteric and not related to daily life — but the fact is that they are.

The unconscious death urge is the stronghold for all depressions, sickness, feelings of helplessness and failure. When you attack all of these things at their source (birth trauma, parental disapproval syndrome, specific negatives, unconscious death urge, past lives), it makes life a lot easier every day — every minute of every day. And so it has enormous practical value. I've worked with businessmen who have doubled their incomes as a result of questioning the unconscious death urge. Just questioning that idea — which seems to be very abstract — has brought so much light into their consciousness that they enjoyed their work more, loved people more, and, obviously, they've made more money.

Chapter VII

Prophecies

The Paradoxes of Prophecies of Doom: Thoughts for Meditation

(1980)

The Paradoxes of Prophecies of Doom: Thoughts for Meditation.

- Self preventing or self fulfilling
- When presented, unbelievers stay unbelievers and therefore may bring destruction on themselves.
- The ignorant are not transformed by them, or are they?
- Fear is not a reliable motivation: habit is the biggest; money may be second in Western society; love usually endures as a motivation longer than fear or money.
- Only the spiritually aware can see the future and change it.
- Skeptics heckle and get to be right. It takes real love on the part of those with real power to save them and not get credit for saving them.

• People tired of life cause the plane crashes and other disasters; tiredness and misery is caused by neglecting purification; spiritual purification produces high energy people, full of life, love and light.

• A mass of negative thought (emotion) in a million people can cause an earthquake as easily as one person can pick up and throw a stone.

On Monday, July 8, 1979, I was overwhelmed with peace. I have felt this certain peace and security since. It was the feeling that all the prophecies of doom were invalid, that we had successfully prevented them. It feels now like all we have to do is to do our work and to go ahead and build heaven on earth in a practical way. The full beauty of life on earth, of our humanity and our divinity can now be expressed. Presence of Babaji reminds us that the world is safe for human excellence.

I found out a week later that July 8 was the day of the guru. The realization flashed that they (the spiritual masters for earth) had met and decided the good spiritual energies on earth were strong enough to bring perpetual peace and heaven on earth. We are now safe, but we must proceed to do our work and teach everyone spiritual enlightenment and practical personal purification as described in Chapter 4. The urgency may be over, so we can continue our work in peace and safety. Although there may not be major disasters, temporary insanity may become more popular. The word insanity is interesting. If you look at it as 'into sanity', then

going insane is the way to sanity. The truth may be that most people are going through insanity into divinity.

The absolute truth about life and the universe is: The thinker is creative. The Bible says: "Nothing was created without the Word." And, "The heavens and the earth were created by the Word of God." The Word is thought with breath added. Thought plus life forces has created everything that exists including your personal reality. Your and my thoughts, conscious and unconscious, have created our reality, including our relationship to the physical universe.

Moses, Elijah, Jesus, Babaji, and millions of people have demonstrated that the heavens and the earth can be changed by concentration, sometimes called prayer. The thing that confuses the unenlightened is ignorance of the fact that all thought is creative — even unconscious thoughts.

Thoughts like: "I am weak," "I am poor," "I never get what I want," "Other people are better than me," "Things happen to me I can't control," "Life is against me," "Death is inevitable and beyond my control," or "Some force outside of myself controls my destiny" are powerful beliefs that create your reality also.

• The first step to spiritual enlightenment is to realize that thought is creative. The second step is to raise the quality of enough thoughts to have created a pleasant reality and to be in control of it. Sometimes you cannot control or change your reality directly, but you can change your thoughts directly and instantaneously and this will eventually change your reality.

• Being in total control over your personal reality and total environment cannot be done by force, effort, or tension. It is done by relaxation and freedom of choice over your thoughts, as they flow through your consciousness. High thoughts persisted in, sooner or later produce high and beautiful reality and life. It is breathing into wonderful thoughts and exhaling bad ones.

Babaji says: "What the mind conceives, the eye should see, the ears should hear, the tongue should tell. Inner purification is necessary... Man is all mind and his form is in accordance with his mind." This is his experience, it may take some of us a little more spiritual purification before it becomes ours.

All our thoughts are creative, including unconscious ones. If prophecies of doom frighten us, it is only because we have victim thought patterns that need to be changed. History proves that victim thoughts held by enough people can create natural and social disasters like earthquakes, floods, plagues and wars. Where spiritual enlightenment, goodness and peace of heart reigns, there is no war and the universe is serene.

• The American Hopi Indians probably have the most advanced culture in the world. Their nation has dwelled in peace and prosperity for all of its existence, over 10,000 years. They have never had war on their soil. Never had a famine, nor plague. They have never had an overpopulation problem. The Hopi way of life is built upon a practical, spiritual technology that brings about peace and purification through regular ceremonial practices. These practices have the real powers of nature and human success built into them. Even the well financed materialistic civilization of the U.S. government has not yet succeeded in destroying the Hopi culture. The truth is that if the U.S. federal and state governments are not yet conquered by the wisdom, peace, and love of the little Hopi nation, they will be destroyed. The U.S. materialistic culture is in danger, but the Hopi nation is not.

• The ordinary people who practice truth, simplicity and love and who remember God are not in danger. They are the spiritual government of the world. They are self sufficient emotionally and economically. They will rebuild the world after the existing governments and evil people have been destroyed. Only to the extent that worldly governments merge with the spiritual government can they survive. Order is dependent upon truth, simplicity and love.

The true spiritual government is invisible and eternal. Therefore, enlightened people are not frightened nor concerned when worldly governments and economies crumble. The righteous prosper and wicked are cut off under all systems. When the people are righteous, their government is. Prophecies of doom and the actual fall of governments and economies are just the realization of justice. If people are ignorant enough to allow their government and economy to crumble, obviously they do not deserve them.

People who have pure hearts and who literally love their neighbors cannot be frightened by prophecies of doom. They are in total control of themselves and their neighborhood. They create harmony and aliveness wherever they go. The rest of this chapter is a test for your heart. Some of the following ideas frightened and upset me. They purified me. I am willing to be motivated by these thoughts until all my friends and neighbors are safe and free from danger, illness and poverty.

I have seen the prophecies of doom immobilize people and throw them into temporary mental illness. It is better to go through temporary insanity, if necessary to prevent the prophecies of doom, than to keep a superficial sanity and create the actual doom. Since temporary insanity is necessary for some people to enrich their hearts and souls, I may not be able to prevent it, but I hope that this chapter will guarantee that it is temporary. I hope this chapter breaks all readers, and the people who hear the readers of this book speak, out of their fears. People who remember God and practice truth, simplicity and love deserve to live in a world of certainty, safety, prosperity, health and security.

There must be at least one spiritual master in every country. It is time to direct our money, our educational resources, our social status toward the evolution of spiritual masters in our culture. The lack of spiritual masters will cause everything to go to ruin and waste.

Who is the spiritual master in your country? Without spiritual masters the people perish. The health of a country is determined by its saints. Let's have a country in which everyone is a spiritual master.

History records the failure of countries who did not have enough spiritually enlightened people. The goal of every school and educational system should be to evolve everyone into a spiritual master.

The Dream

On June 7, 1979, I had a very interesting dream. In the dream, I was in the middle of the street in an American residential neighborhood. The houses were nice and well spaced, lawns were well kept, etc.

In my dream, people were aimlessly wandering around. They looked hopeless, confused, and spaced. Everyone I saw walked zombie-like across and back, up and down, like people milling around in a mental hospital ward. The whole city had turned into a mental hospital ward — the whole country had.

The immediate cause of this behavior was the failure of the money system. These people's life savings were wiped out. The banks were all closed, as were most businesses. Since all the lines of supply had collapsed and there was no work, people had

nothing to do. Their daily routine had been interrupted. Since utilities and institutions had all failed, there weren't even any bill payments to live for.

The changes were so sudden and dramatic that everyone was psychologically disoriented and confused. No gasoline, so no one could drive their cars. There was no place to go that meant anything to them. No dinners at friend's homes or at restaurants. No movies, no shopping centers. No television to watch. Radios and stereos sat powerless. Even alcohol and drugs were not available.

Danger and violence might lurk outside the neighborhood. There was very little talking between these people because they were afraid of each other. They were afraid to communicate. Many of these people were hungry, some were already past hunger. They were all looking confused, dazed, helpless, hopeless, but not yet angry. Most of them looked incapable of anger, and yet it felt that if violence started, they might easily turn into mad dogs. They would kill and eat each other like cannibals. But most of these people would rather run from violence and starve to death than fight. In some neighborhoods, the angry ones were senselessly slaughtering people without any satisfaction. Where is the therapist? There were no leaders. In the whole country, there were some leaders in some neighborhoods, but they were fast becoming exhausted while coping with one little neighborhood. There were not enough leaders to scratch the surface of the problems.

The masses were totally unprepared to survive without a money system. People who habitually drove to work every day, came home to dinner and watched televisions, were so hopelessly disoriented psychologically, that they did not know where to go for food, how to get it and they did not care. It was as though they were saying: "God pulled the rug from under us, nothing our parents taught us applies; the only way we can get even is to die. Besides, there is nothing else to do. All the pleasures we have known are gone. No familiar activities are available."

Was this dream a prophecy? If food, jobs, pleasures, and even leadership are dependent upon money, people must be money machines and not really human. Not a chance for divinity. If this prophecy is possible, there is no human race. There are only robots carrying money and other pieces of paper and things from place to place. Our society is not held together by human emotions, but by paper.

I have heard that the U.S. Treasury has already printed new money that will be exchanged for present money at the rate of one new bill for ten old ones. To attempt to implement this would obviously cause the money system to collapse and destroy the American way of life as we know it.

If the motivation of large numbers of people is suddenly destroyed so that there are sudden changes in the work force, it collapses major lines of supply of goods and services. This in turn puts people who like their jobs out of work, which interrupts more cash flows and lines of supply. Soon everything is interrupted and stops. The U.S. economy is so complex, intertwined, and interdependent that every industry would have to start over again without money. They could then organize a new money system in each community.

The question is: are there enough highly motivated workers and leaders to start over again without pay? Would preoccupation with personal needs for food and safety eliminate the possibility of any major industry functioning? Who has enough intelligence to reorganize a money system?

A very wise conclusion to make as a result of looking at this prophecy is: to move toward simplicity and self sufficiency. Every intelligent human being can learn to survive directly from a piece of their own land. This land can be owned individually or in community. The idea of having local gardens and farms, even in the middle of large cities is a wonderful idea. Every person should be directly connected to their own farm. This idea contains so much common sense that we wonder how we ever got away from it.

We not only have raped and forsaken our land, but we have destroyed most of Native American Indian and rural cultures that live according to common sense and nature. The Native American Indian tribes not only were self-sufficient and in harmony with nature, but they also had enough spiritual purification exercises built into their tribal cultures so that most of the people were in harmony with themselves. The U.S. government has successfully "educated" most of these self-sufficient, natural cultures out of existence. Most Native American tribes are now as dependent upon the money system, the automobile, and electricity as most cities. The complex and ridiculous tax systems and senseless greed and ignorance of real estate speculators causing inflation have forced farmers out of business in localities all over the country. People are so hypnotized by banks and the money system, that they would rather make money from real estate profits than have farms. People have chosen money instead of food.

Only a major resurgence of good American common sense can prevent this dream from becoming reality. We can prevent the great American dream from turning into a nightmare by having a monthly town meeting on every block. We might be able to watch the disaster on television but I doubt if television can prevent them without the resurrection of the great tradition of monthly town meetings. If we have enough leadership, monthly block meetings can happen. Every group of approximately 100

people should elect a leader — a representative. This block leader is the neighborhood social worker — elected by the residents. We should think about paying this neighborhood leader a salary so that this person can

devote full attention to improving the quality of life in the neighborhood.

If only ten people are enlightened and generous enough to contribute \$10 per week, they can have their own full-time

block organizer and lobbyist. This block leader should be a full time human being for the purpose of loving everyone on the block, teaching them and serving them.

More on Prophecies

The purpose of prophecies of doom is to change them. It is the destiny of prophets to make themselves look foolish.

The purpose of natural disasters is to wake up the sleeping masses. Only those will be destroyed who refuse to be awakened and who cling to the darkness and evil in their hearts. It is a law of nature that — if we are unwilling to discipline ourselves, the physical universe will discipline us: by natural death if nothing else works.

In 1982, it is predicted that all the major planets of the solar system will line up on one side of the sun at the same time. It is the opinion of some scientists that this lineup will cause huge tidal waves as high as 1,000 feet all over the earth which would virtually wipe out human life on all coastal cities. Some scientists have expressed the opinion that old continents may rise out of the ocean which would sink huge portions of existing continents under water, e.g., it is predicted that the western half of the United States will be covered with water. Such major changes in the shape of the earth obviously could bring about massive earthquakes and all kinds of natural disasters. Some scientists believe that this lineup of all the planets on one side of the sun may temporarily bring about dramatic weather changes all over the earth. It is also just as possible that nothing dramatic will happen.

Finally, there is the theory of psychological causation. In this view, the world is seen as a biosphere, a living organism that is sensitive to mass beliefs or even individuals' thoughts if they are strong enough.

Scientists and thinkers in this school think that the great day of spiritual purification is upon us. That the mass habit of victim consciousness and death urge will bring about civic and natural disasters to destroy everyone who is not spiritually enlightened

and committed to the eternal life of spirit, mind and body. Believers in this system of ideas believe that those who survive the great day of purification will become immortal spiritual masters. They believe that the spiritual energy of the earth has been raising gradually over the centuries and that the human race is making a transition from sinner consciousness to Christ consciousness. Or as the Bible says: "The corruptible will put on incorruptibility and the mortals will put on immortality."

These are the prophecies. They are enough to put one in terror and make the hearts of the strong faint.

Bhole Baba Ki Jai — Victory to those who overcome and who have the power to change the prophecies.

All prophecies are only idle thoughts until they have materialized. They are thoughts which each individual has the ability to change.

And individuals who change their thoughts can change the thoughts of those around them. As self-appointed preachers and prophets change the thoughts of people around them, they cause ripples in the universal current of mind that can change the destiny of the whole earth and the human race. The primary requirement to be considered is that these thought changes not be superficial but that they actually transform the deep subconscious beliefs and cultural traditions of humanity. This requirement is to have the basic habit of human consciousness to be filled with light and love instead of darkness and fear. Let's take another look at the prophecies.

Spiritual enlightenment seems to be crisscrossing and cross-pollinating all religious, social, political, economic, cultural and educational subcultures of the United States and most of the countries of the

world. Even our military personnel are not devoid of the Scripture's verse prophecy that "Swords will be beaten into plowshares neither will there be war anymore." The solution to the leadership problem can be easily tested by having monthly town meetings on every block. The basic purpose of these meetings is not political, but the realization of truth, simplicity and love. Spiritual enlightenment, the discussion of practical human problems in all spheres of human interest, and the formation of rich, human friendships are the only kinds of goals that can redeem our political and social structures. The leadership test is whether or not there are enough individuals in each neighborhood to initiate, direct, and maintain a monthly meeting of real human beings, in harmony with these purposes. Practical experience with monthly town meetings on every block will give us total certainty about the future likelihood of the prophecies of civil disorder. If we can produce harmony among the people of our neighborhood now, it is more likely that we can maintain harmony under the stress of social, economic or natural disasters.

If a core of leadership evolves on every block, perhaps these grass roots leaders can supply enough intuitive and emotional wisdom to help our entire population move through the transformation of conditioned motivation to divine motivation. So, temporary insanity is already a popular and socially acceptable movement in the United States, as well as many other countries. The idea of grass roots therapists operating from common sense and intuitive wisdom is perhaps the most practical idea to save the world. The practice of monthly town meetings can permit these middle class gurus and saviors to organize themselves and spread enough love and common sense to make a difference.

Physical Prophecies

It is the opinion of other scientists, that even though the planets in the solar system line up, that the universe is so well balanced, that the average person who did not have a telescope or an interest in astronomy, would not even notice that such an interesting event had even taken place. There may be as many, if not more, scientific authorities on this side of the controversy as there are on the side of the prophets of doom.

If thought does have any power, obviously it does not pay to lend your mind power to the prophecies of destruction.

It is also possible that believing the prophecies of doom may do you more harm than the fulfillment of the prophecies themselves. Believing the prophecies cannot only create emotional and social disturbances, but they can also cause a person to become accident prone, and produce actual physical harm or death, before the prediction is even scheduled to take place. The story of the famous Los Angeles earthquake of 1970 supplies many interesting examples of the power of personal consciousness in relation to natural disasters.

Example No. 1: One famous psychic woman publicly predicted that the earthquake would happen on a certain Monday in April 1969. She was so convinced of her prophecy that she moved to the state of Washington. On the Saturday before her prediction was to come true, she died of a heart attack. Obviously, her belief in earthquakes caused her to manifest an earthquake in her own body. She did not benefit from her psychic wisdom. It would have been better for her to suffer the embarrassment of being wrong. It is the occupational hazard of prophets to be made fools of by God and the physical universe. The earthquake happened a year later and was quite different than she had predicted.

Example No. 2: Most of the destruction of the actual Los Angeles earthquake occurred in a hospital where most of the inmates were waiting around to die. The conclusion that the death urge of the inmates contributed to the demolition of that hospital is unavoidable. Approximately 80 percent of all the people who were killed in the quake, during the millions of dollars of destruction, lived in this hospital. Over 40 of the deaths caused by the earthquake were in that hospital. The grand total was approximately 50 deaths. In the middle of the death urge power in this hospital disaster is a striking contrast. A man who lived in Kansas had the feeling that his missing brother who worked at that hospital was still alive. His feeling was so strong that he came to Los Angeles and inspired the digging crew to resume digging in the wreckage, in the hope of finding his brother. After a few more days of digging, the official crew quit, but he persisted with a few volunteers. He finally found

his brother immersed in wreckage under an overturned sink. His body was alive and well, but he was very hungry. The psychic power of this individual brought about the salvation of his brother. You might even say he resurrected his brother from the list of the earthquake casualties by his positive faith and his telepathy.

Example No. 3: A few freeway bridges totally collapsed during the earthquake. One of them collapsed on a pickup truck and squashed the driver, instantly killing him. The split second timing that is necessary for that particular driver to be under that particular bridge, at the exact moment necessary to bring about such a personal disaster, makes it mathematically improbable, if not impossible, to call it a coincidence, i.e., an accident. The conclusion that the individual was manifesting a personal death urge, is much more logical.

The final Los Angeles earthquake example: Most of the people in Los Angeles in 1970 were seeking the good life. Most of them were contented with their lives, and most of them had a personal philosophy of life that caused them to be happy. The overwhelming belief of the people in the county of Los Angeles, when they went to bed the night before that earthquake, was an unconscious expectation of getting up in the morning and going to work, for a relatively contented and uneventful day. This mass belief could be the cause of the earthquake happening while everyone was in bed, and before they were on the streets and freeways, or in collapsing elevators on their way to work. If the earthquake had taken place one or two hours later, probably thousands of people would have been killed.

To postulate that the love for life of the average person in Los Angeles controlled the timing of that earthquake, is as totally logical as any other conclusion that anyone could imagine.

If this is true, the remembrance of the name of God, the upgrading of the quality of the content of our thoughts, and the healing of the human breath, fasting occasionally, and the practice of a minimally few spiritual purification techniques, may be all that is necessary to avert and prevent the prophecies of doom and bring enough rebirth to the world, so that the popular and practical experience of human beings could be described as heaven on earth. Perhaps even the harmony and sanity that could be generated by monthly town meetings on every block has the power to save the world.

To master all of the spiritual purification techniques in the following chapter will doubtless make the average person who does so a spiritual master. A few hundred thousand such spiritual masters sprinkled across the world is probably more than enough to satisfy a loving and long suffering God's requirements, essential for the redemption of earth. In other words, the per-

sonal spiritual lights of such individual beings, together with a practical wisdom of their teaching activity and leadership, will probably enlighten enough of their environment to save humanity from death and destruction. Universal block meetings make the teaching job much easier.

Are you willing to be one of these leaders in the spiritual government of the world? If you think you are, I suggest that you get busy with your own spiritual purification process. A surprisingly few austerities may be enough for you to save yourself and your friends.

Let us not settle for a few liberated beings. Let us all strive for enough spiritual purification to save ourselves and let us not compromise with minimum salvation. Let us all become spiritual masters, let us all go all the way to become spiritual masters. The kingdom of heaven on earth cannot settle for mediocrity and blandness. Driving motivation, creative initiative and the intuitive personal connection to infinite intelligence of every individual, has the potential to realize such excellence, elegance, variety, richness and marvelous quality of human existence, that the words heaven on earth can become meaningless in the experience of it.

You can begin now by upgrading your thoughts about the physical universe to serve your present comfort and aliveness. These thoughts will inevitably foster your future safety. Even if the natural disasters were to take place, your positive attitude and faith in God would cause you to be guided by inner direction, or detailed information from inspired psychics, to maintain your spirit, mind and body together in safety and health.

Prophecies of doom can cause excitement for a while and then they lose their emotional value and become forgotten. As long as the tide of emotional excitement is resolved by common sense and personal purification, the cusp of mental causation cannot become strong enough to manifest. Fear is sometimes an effective human motivator. Truth, simplicity and love are the only dependable and lasting motivators. The Book of Jonah in the Judeo-Christian Bible is the archetypal study of prophecy. I recommend that you study it. I would like to make a few suggestions for your meditation, that I sincerely hope will not minimize the depth and greatness of your own discoveries, as you study this marvelous piece of literature. 1) Jonah had a surprisingly literal rebirth experience in that the seaweed around his neck, in the belly of the whale, simulates his womb experience, in which he may have had an umbilical cord around his neck. 2) His overt desire for death after the prophecy was averted, may have been a manifestation of his personal death urge, which seems intertwined with his prophecy of doom. Or, it could have been the experience of him as a

uru involuntarily processing out, in his own psyche, the mass death urge, on behalf of the people of Nineveh. Thorough meditation on the Prophet Jonah, as well as other Old and New Testament prophecies, and the prophecies of other religious cultures, can supply a person with what we might call a science of yoga or prophecy. Prophecies of doom can have great practical and inspirational value for the evolution of personal and mass consciousness. They can also be relevant and distracting traditions. They also can be damaging and self fulfilling to individuals, nations, or even universes. The choice is ultimately up to you, as Moses, Babaji, and all the holy prophets old and new have taught. The choice is life or death. The choice is remembrance of God in a practical way, or the remembrance and practice of personal or cultural traditions that may, or may not, serve our aliveness. The choice is to have enough consciousness in divine emotions to prefer pleasure and enlightenment, over ignorance and misery. This choice sometimes involves the present abstinenace from superficial indulgences. A willingness to endure what in reality may be superficialusteries produces the satisfaction and freedom of personal self mastery.

The Essence of Hopi Prophecy

The entire Hopi prophecy usually takes many days to tell, and many lifetimes to understand. This is a short summary of essential points.

The Balance of Life

As caretakers of life we affect the balance of nature to such a degree that our own actions determine whether the great cycles of nature bring prosperity or disaster. Our present world is the unfoldment of a pattern we set in motion.

Our divergence from the natural balance is traced to a point preceding the existence of our present physical form. Once we were able to appear and disappear at will, but through our own arrogance we took our procreative powers for granted and neglected the plan of the creator. As a consequence we became stuck in our physical form, dominated by a continual struggle between our left and right sides, the left being wise but clumsy, and the right being clever and powerful but unwise, forgetful of our original purpose.

The Cycle of Worlds

This suicidal split was to govern the entire course of our history through world after world. As life resources diminished in accord with the cycles of nature, we would try to better our situation through our own inventions, believing that any mistakes

could be corrected through further inventions. In our cleverness, most of us would lose sight of our original purpose, become involved in a world of our own design and ultimately oppose the order of the universe itself, becoming the mindless enemy of the few who would still hold the key to survival.

In several previous worlds the majority has advanced their technology in this way, even beyond what we know today. The consequent violations against nature and fellow humans caused severe imbalances which were resolved in the form of war, social disintegration and natural catastrophe.

As each world reached the brink of annihilation, there remained a small minority who had managed to live in nearly complete accord with the infinite plan, as implied in the name, Hopi. Toward the final stages they would find themselves beset with signs of disintegration within, as well as enticing offers and severe threats from without, aimed toward forcing them to join the rest of the world.

Our Present World

Our common ancestors were among the small group who miraculously emerged from the last world as it reached its destruction, though they too were tainted with corruption. The seeds of the crisis we face today were brought with us when we first set foot in this world.

Upon reaching our present world, our ancestors set out on a long migration to meet the Great Spirit in the form of Maasau, the caretaker of this land and all that lives upon it. They followed a special pattern, however a very serious omen made a separate journey necessary, in order to balance the extreme disorder anticipated for the latter days.

The True White Brother

A Hopi of light complexion, now known as the "true white brother," left the group and traveled in the direction of the rising sun, taking with him a stone tablet which matches a similar tablet held by one of those who went on to meet Maasau at a place called Oraibi, where the present Hopi villages were established according to his instructions.

The Hopi anticipated the arrival of a race of light-skinned people from the east, predicting many of their inventions, which would serve as signs indicating certain stages in the unfoldment of pattern the Hopi had studied from antiquity. It was clearly foreseen that the visitors, in their cleverness, might lose sight of their original purpose, in which case they would be very dangerous. Still the Hopi were to watch for one who has not left the spiritual path, and carries the actual stone tablet.

The Swastika and the Sun

Through countless centuries the Hopi have recalled in their ceremonies the previous worlds, our emergence to the present world, and our purpose in coming here. Periodically they have renewed their vow with Maasau to live the simple, humble way of life he laid out for them, and to preserve the balance of nature for the sake of all living things. The knowledge of world events has been handed down in secret religious societies who keep watch as each stage unfolds.

The leaders watched especially for a series of three world-shaking events, accompanied by the appearance of certain symbols that describe the primordial forces that govern all life, from the sprouting of a seed to global movements such as weather, earthquakes, migrations and wars.

The gourd rattle is a key symbol. A gourd signifies seed force. The shaking of the gourd rattle in ceremonies means the stirring of life forces. On the rattle are drawn the ancient symbols of the swastika, showing the spirals of force sprouting from a seed in four directions, surrounded by a ring of red fire, showing the encircling penetration of the sun's warmth which causes the seed to sprout and grow.

The first two world-shaking events would involve the forces portrayed by the swastika and the sun. Out of the violence and destruction of the first, the strongest elements would emerge with still greater force to produce the second event. When the actual symbols appeared it would be clear that this stage of the prophecy was being fulfilled.

The Gourd Full of Ashes

Eventually a "gourd full of ashes" would be invented, which if dropped from the sky would boil the oceans and burn the land, causing nothing to grow there for many years. This would be the signal for a certain Hopi to bring out his teachings in order to warn the world that the third and final event would happen soon, and that it could bring an end to all life unless people correct themselves and their leaders in time.

Hopi leaders now believe the first two events were the first and second world wars, and the "gourd full of ashes" is the atomic bomb. After the bombing of Hiroshima and Nagasaki, teachings formerly kept secret were compared and released to the world. The details presented here are part of those teachings.

The Day of Purification

The final stage, called the "great day of purification," has also been described as a "mystery egg," in which the forces of the swastika and the sun, plus a third force symbolized by the color red, culminate either in

total rebirth, or total annihilation — we don't know yet which, but the choice is ours. War and natural catastrophe may be involved. The degree of violence will be determined by the degree of inequity caused among the peoples of the world and in the balance of nature. In this crisis, rich and poor will be forced to struggle as equals to survive.

That it will be very violent is now almost taken for granted among traditional Hopi, but man may still lessen the violence by correcting his treatment of nature and his fellow man. Ancient spiritually-based communities, such as the Hopi, must especially be preserved and not forced to abandon their wise way of life and the natural resources they have vowed to protect.

The Fate of Mankind

The Hopi play a key role in the survival of the human race, through their vital communion with the unseen forces that hold nature in balance, as an example of a practical alternative to the suicidal man-made system, and as a fulcrum of world events. The pattern is simple. "The whole world will shake and turn red and turn against those who are hindering the Hopi."

The man-made system now destroying the Hopi is deeply involved in similar violations throughout the world. The devastating reversal predicted in the prophecies is part of the natural order. If those who thrive from that system, its money and its laws, can manage to stop it from destroying Hopi, then many may be able to survive the day of purification and enter a new age of peace. But if no one is left to continue the Hopi way, then the hope for such an age is in vain.

The forces we must face are formidable, but the only alternative is annihilation. Still the man-made system cannot be corrected by any means that requires one's will to be forced upon another, for that is the source of the problem. If people are to correct themselves and their leaders, the gulf between the two must disappear. To accomplish this one can only rely on the energy of truth itself.

This approach, which is the foundation of the Hopi way of life, is the greatest challenge a mortal can face. Few are likely to accept it. But once peace is established on this basis, and our original way of life is allowed to flourish, we will be able to use our inventive capacity wisely, to encourage rather than threaten life, and benefit everyone rather than giving advantage to a few at the expense of others. Concern for all living things will far surpass personal concerns, bringing greater happiness than could formerly be realized. Then all living things shall enjoy lasting harmony.

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If you value the destiny of future generations more than personal welfare, please make survival of the Hopi way your primary concern, and let the successful resolution of their plight at the hands of the industrial world be your personal responsibility and greatest pleasure.

For further information or free copies of this leaflet, send a self-addressed stamped envelope to: Land and Life, 1116 Bates Street, Los Angeles, California 90029.

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Chapter VIII

Overpopulation

(1980)

I have come to the conclusion that the idea of heaven on earth is inconceivable without conscious population control as a race of people on this planet. Unless our generation gives up the idea that having children is the way to perpetuate ourselves, it will be the death of most of us. The solution is simple. We can get ourselves and our neighbors to abstain from having children. It is past the time for experimentation and speculation. The writing is already on the wall — plain for everyone to read. Overpopulation is just beginning to be a problem in the U.S., but in many countries of the world it is old history. They don't talk about it, because it is too late for them. Their situation is hopeless.

I'll give you a clear example. I traveled to India. In the city of Bombay it is estimated there are over 7 million people. There is housing for 3 million. This means that 4 million people sleep in the street. If you take a walk at night, you have to literally walk around or step over hundreds of bodies. Bombay is not an isolated example. It is also like this in every major city and village in India. Most people in India sleep on the ground like animals. If they are wealthy, they may own a blanket. If they are not, they are forced to become a yogi — a master of temperature. Many Indian people master hunger and sleeplessness because of necessity.

The deserts and mountains are filled with people also. There is almost no place in India to go today to get away from people and find privacy. You can have a room in a house, but that doesn't keep you from the noise. India has noise pollution from people, if not from machines. People cover everything — like ants.

The water pollution is well known. More people die from water pollution than from hunger in India. I did not see hunger as a real problem in India — although it may be. I looked for it, but I didn't see it.

Several Indian people believe that Americans were saints in previous lives and are rewarded by birth in the United States. Overpopulation doesn't produce starvation, but it does produce degradation and misery. The pollution of space and land by too many human bodies produces misery and lust for death. The tidal wave in South India in 1977 that killed 100 thousand people was brought about by the prayers of miserable people too ignorant to commit suicide or dematerialize their bodies through yoga, who moaned for relief. Moans and worries and fears and

prayers. God evidently answers negative prayers as well as positive prayers.

And American Indians (Native Americans) know that the balance of nature is controlled by human consciousness. They controlled the weather consciously. When we invalidate our spiritual power, we control nature unconsciously, to our blessing or disaster. The unconscious desire for death can bring about huge natural disasters.

But how did India get into such a mess of overpopulation? The answer is too simple. How could India with all its spiritual masters create such a mess? The answer is ignorance — the same way we in the United States are doing the same thing. People get married and have children because their parents did it, without thinking that there might be a higher purpose.

The spiritual masters did too much meditating and too little teaching and too little preaching. Meditating can be a form of escape, of hypocrisy. While the spiritual masters were in the mountains and monasteries meditating, the ignorant people were screwing. So the ignorant people made babies faster than the intelligent people could educate them. This dilemma points up an interesting paradox. Intelligent people have small families. Ignorant people have big families. Therefore you either have to educate everyone into being a spiritual master or the world gets overpopulated with ignorant people — human animals, living like ants with about the same level of self-esteem. In India people live in the deserts in holes like snakes and like rats. Today, in India, there is no longer any privacy in the mountains and the noise of ignorant people surrounds the monasteries.

We have the choice of making the baby industry obsolete or making life on this planet as we know it obsolete. If women's liberation means anything, it must mean being more than a baby machine. Sex for the purpose of reproduction is no longer an act of love; it will produce war and natural disasters. We have reached the point in human history where having a family doesn't perpetuate life, it is a method of certain sociological suicide.

This is not a doomsday prophecy — it is a common sense interpretation of history. It has already happened in most of the countries on earth!

In India Mrs. Gandhi and her son were voted out of office because their government was arresting people for riding on trains

without a ticket and giving them involuntary vasectomies while in jail. Before this, the government put up signs showing pictures (since the ignorant can't read) of a well-dressed small family besides a poorly dressed large family. Intelligent people looked at the picture and thought that the government was trying to encourage small families. Ignorant people looked and thought the government was trying to encourage large families. They said, "Look at the poor rich family with only 2 children."

The only way of solving this population problem is spiritual enlightenment for the masses. Our common educational system is helping, modern mass media and mass travel are helping. New age free-lance gurus and self-improvement seminars are helping. But the only practical way that we can get the intelligent and the ignorant in our society to talk together enough is through a system of neighborhood town meetings on every block.

I recommend that you copy this treatise and get your local newspapers to print it often because it is a fast inexpensive way to get millions of copies printed. But publishing it in newspapers won't guarantee that your neighbor will ever see it. So I recommend that you personally mail or deliver it to everybody on your block. You can mail it anonymously if you are paranoid about your neighbors. If you are afraid of your neighbors now, how will you feel when you have twice as many???

Before Europeans came to America, Native Americans had war between one village and another, over the issues of water resources, hostilities, etc. What will prevent this from happening in the future? The only thing that will prevent this is love and wisdom and abundant communication, so that the idea of the human family is a practical experience.

We can prevent overpopulation through intelligent abstinence and self-discipline. Or we can indulge ourselves and curb overpopulation through violence and natural disasters. We can do it now or wait until the United States is like India.

Having children is no longer an appropriate way to resolve our birth trauma nor our parental disapproval syndrome. If you lust for the experience of parenthood, I recommend that you borrow a friend's child for a few weeks. If you find that you like this experience, than adopt a child. If adoption doesn't give you enough satisfaction, bring

home a bum. If you can't educate and rehabilitate a bum, you would fail as a parent anyway.

Also one of the advantages of having a monthly town meeting on every block is that it puts everyone in an extended family with wonderful loving relationships with people of every age.

Obviously, solving the problem in our country is not enough. We must establish communication in the whole human family. Once we have solved the problem we must share our solution with all nations. We can't wait until God solves the problem. He hasn't and He won't. God gave us reproductive powers. Do you expect Him to take them away? Do you expect the government to pass a law making childbirth illegal? This issue can only be solved by individual intelligence!

The overpopulation problem is made more urgent by the promises of scientists to double the average lifespan and the idea of physical immortality now being popularized by philosophers. This is another paradox: personal immortality versus immortality through children. In the prophecy of the Hopi American Indians, which has been around for centuries, it says that "man did have the power to appear and disappear at will, but has lost his power through arrogance and now misuses his reproductive powers." The Hopi nation has existed in peace on the same land for thousands of years. They have never had an overpopulation or an underpopulation problem; they have a spiritual ceremonial technology that works. Hopi land is the spiritual capital of America and perhaps the world. There is more truth, simplicity and love in the Hopi spiritual elders than in the whole U.S. government.

Another paradox comes out of this. The idea of physical immortality as a belief system produces war when it is held more important than love. Eternal love, life and wisdom is the only solution to the world's problems.

If you believe in reincarnation and that every soul had thousands of lifetimes, it's possible that more of them are back now and together we have the cooperative wisdom to create heaven on earth as a practical reality. This means that in this century we could have the greatest people of all fields of human excellence alive today. Maybe we have military people and peace officers that can actually prevent war and violence. Maybe politicians are getting sane in their use of wealth and power. It seems that the population of excellence is significant enough so that no one person can amass enough power to do much damage. But it is a mistake to believe that quantity can substitute for quality.

Our goal is to raise the standard of mediocrity through spiritual enlightenment. Spiritual wisdom is no longer a luxury. We can dedicate ourselves to the awareness of all ordinary people as spiritual masters.

The earth really is heaven. Everybody who doesn't figure this out is to leave.

Let's postpone having children, until we have enlightened the ones that already are.

Overpopulation Continued — 1979

Our generation has more beautiful, practical, and useful freedoms than any other generation on earth. Heaven on earth is instantly available to us. All we have to do is step into it with our minds and bodies, our spirit is already there. But we must now use our freedom of speech and freedom of assembly to solve the practical problem of overpopulation. The devil and hell and even death are rapidly disappearing in human consciousness as immediate or real threats to the human experience of heaven on earth and life with God on earth. The major threat to heaven on earth to our generation is not Satan or hell, it is overpopulation.

Not much has happened to prevent this problem since I wrote my treatise over a year ago, so I am adding to it and I plan to put more energy into the solution than I have in the past. I hope you will help me and do something practical as soon as you finish reading this.

Overpopulation has destroyed many countries in the Far East and made them unfit for the habitation of intelligent human beings with self-esteem. European countries are bulging at the seams. Americans sometimes look down their noses at the poverty and hunger of other countries but if we don't keep the birth-death rate equal to each other for the next few generations overpopulation will literally eat up our abundance and spaciousness. To stop developing real estate does not necessarily prevent ignorant self-indulgent people from manufacturing babies. In India probably half the population sleeps on the ground. This condition is brought about by overpopulation, not the lack of technology. Producing babies takes less intelligence than producing horses.

When you stop to consider the truth about overpopulation you will soon realize that the unconsciously used power of human minds and bodies of too many people on earth is the only thing that could successfully destroy the earth. Overpopulation is the greatest evil of the last few centuries and will continue to be until it is stopped.

The U.S. presently has a birth and death rate that is almost equal. But we are immigrating too many people from overpopulated countries at such a rapid rate because of our love, generosity, and abundance. We may soon be so overrun by ignorant people from overpopulated cultures that our abundance may be destroyed. The question I would like to raise is whether or not over-

population is a disease which overruns and destroys human cultures. It degrades human existence to such a low level that death is preferable to life.

Intelligent people in the U.S. cannot neglect this question. Are we going to silently stand by and watch our country be overrun and completely polluted by ignorant people who are ruled by their genitals and animal mentality? Or are we going to be intelligent and practical about it? The nations that already have this problem of overpopulation now had the same unconscious attitude centuries ago toward overpopulation which we have today. Overpopulation is a social disease that destroys beautiful human cultures. Ignorant people have large families, intelligent people have small families, virtuous people have no families. This is the way most nations have dealt with this issue. The result of this procedure is a nation that is overrun with ignorant people. I believe that our common education system in the U.S. and the efficiency of mass media can solve this problem. But I doubt if they can solve it without complicated legal problems unless we have a monthly town meeting on each block in which it is discussed regularly until it is solved. Obviously it is not enough to solve this problem in the U.S. alone. If the problem is not solved in all the countries of the world, the countries who do solve it will be overrun by people from countries who don't solve it. Either Americans solve the problem of overpopulation and send our countries with truth, simplicity and love or overpopulated nations will send their missionaries of overpopulation and ignorance to our country with their results of scarcity, degradation, pollution and violence.

North and South America, Australia and parts of Africa provide the last opportunities to prevent the overpopulation problem before it is too late. It is already too late in the rest of the world. Americans who haven't traveled don't realize how humanity has failed to use its reproductive powers intelligently. Most Americans think that overpopulation is a problem of the future. For us, it is a problem of the present generation. If we don't solve this problem in the next two or three decades, it will be too late for the U.S.A.

This main reason people have children today is because it is the thing to do. Their parents raised them with the idea that people are supposed to have children to be fully human. In the past reproduction was encouraged for political and economic reasons or to carry on the family name. Death and fear of death was the ultimate justification for children. All these reasons are no longer appropriate. Now, physical immortality is a realistic possibility. The present paradox is that death or mass warfare may be necessary to make physical immortality sociologically desirable. Heaven on earth is not possible without population control.

The other side of the principle of hav-

ing children to carry on the family name is that the parents now must agree to die to make room for their children. We must now face realistically these shocking value changes. Eastern countries didn't. God didn't come to the rescue. They overpopulated the land, polluted its resources and degraded human culture to the point of making death preferable to life.

This degradation includes people's morals. When the disaster in India that killed 100,000 people took place, most people thought — good riddance. People in India have become calloused to human death. Human existence has been cheapened by overpopulation. People rejoice when natural disasters wipe out masses of people because it lessens the threat of violence, war, and universal poverty. Irresponsible beds produce bedlam.

To live in dirty, overcrowded cities or even rural areas that are overrun by people is poverty, regardless of how much money you have in the bank. In India and many other Far Eastern countries, money can no longer buy privacy. Even Europe is in imminent danger of reaching this stage of degradation. In the midst of this kind of overpopulation, self-esteem and morals seem pointless.

Any discussion of spiritual enlightenment or purification is hypocrisy and devoid of common sense if it doesn't address this issue. Babaji arranged for me to see, taste, feel, and be repulsed by this problem, when I was in India. He made sure I got the message. The stink of human sewage and the discomfort of trains and buses in India should be enough to teach everyone the message. It may have made them aware of the problem, but it hasn't solved it yet. Only grass roots politics practicing the educative power and love of the democratic process will solve the problem. India needs intelligent grass roots politicians as all nations do.

India's greatest virtues are truth, simplicity and love, but its greatest vice is overpopulation. India has to solve this problem now that it is too late, but some Western countries still have the opportunity to learn from their mistake.

We can try legal methods of restricting childbirth. We can try mass publicity campaigns while the masses are still intelligent enough to understand them. I believe that the most practical solution is for each block organization to take responsibility to keep the birth-death rate equal on its block. If one block has an excess of deaths, it can loan its quota of births to another block. I think that the discussion of this value system and the annual count of statistics in every community is the only ethical and practical solution that can effectively educate people to the reality of this problem. Social statistics and social discipline can work, if it is accurately communicated to everyone.

The truth is, that irresponsible reproduction has the power to degrade human existence on this planet to the point of

making Christ and the veil as well as life and death irrelevant. You hold the solution to this problem in your genitals and your ability for social communication and community organization.

Spiritual enlightenment and political participation are no longer luxuries. Overpopulation is no longer an academic question. It is a problem which every intelligent person must take action upon.

Obviously, practical, simple and effective birth control methods must be taught and practiced on a mass scale. To change traditional mass values, a practical spiritual enlightenment must be shared that involves unraveling the birth-death cycle and parental conditioning to be effective. When the average woman gives up the home of mother consciousness, she usually experiences temporary insanity. Most children are raised with the purpose of being fathers and mothers. Monthly town meetings on every block are the most intelligent way to deal with temporary insanity of the masses. Masses of people are experiencing temporary insanity not only from this issue, but from many other issues. Temporary insanity is common on the part from parental conditioning and dependency consciousness to spiritual, mental and physical self government and self sufficiency.

On the other hand, there is, always will be, and always should be an appropriate place for childbirth. We need a crash program to prevent childbirth now. The earth could conveniently survive with less than 50% of the present total population. After we have reversed the present suicidal trend, then we can presume traditional values with intelligence and sanity. But the change in trend must be real before it will cease to be urgent.

The traditional emphasis on family perpetuation, unconscious reproduction and economic survival must be sublimated to social responsibility and spiritual self mastery. We have the educational tools and resources in the United States to pull off this change. If we do it we can teach the world. If we don't — the destiny of humanity and the world is inevitable. New age emphasis on simple techniques of personal spiritual purification is the best solution. It is now the time to make spiritual masters socially acceptable. It is beneficial to make self improvement teachers the highest paid profession. Modern American gurus are highly paid if they are good. The open market place validates people who have something of true value to offer. If "modern saviors of the world" aren't enlightened enough to successfully market their wisdom, they don't deserve respect. No problem is urgent enough to suppress freedom of thought or freedom of speech. The problem of overpopulation can only be solved by freedom of thought and freedom of speech. It cannot be done by force. It can only happen through a genuine cultural transformation by education. Business is one of the

great transformers in America. When the issue of overpopulation is a successful product sold in seminars, books, media, churches, politics, and other forms of business, then perhaps we can win the race to be human.

U.S. scientific technology offers the solution of space travel for the problem of overpopulation. Indian spiritual masters offer the yoga solution of dematerializing and rematerializing the human body and teleportation throughout space and time to other dimensions and universes. But these are not solutions, only delays. We have to solve the problem on a practical, physical, realistic level in the here and now. If we can't do this, the elaborate, advanced solutions of physical and yogic sciences are as much pie in the sky as heaven beyond death.

Enlightened, responsible, individual human beings have to solve the problem. The solution must be successfully communicated to the majority of people. The spiritual government of the world has to be run of the people, by the people, and for the people or disaster is inevitable. Spiritual purification and political participation are no longer luxuries.

The author prefers to remain anonymous in the hope that it will free people to distribute this essay more enthusiastically.

Prosperity International has lots of information in this issue and many other issues of practical value. For example, we know of practical, effective books on birth control, etc. If you desire more information, just send a donation and ask for the basic information packet. Prosperity International is willing to receive large donations to support its educational efforts.

Underpopulation Conclusions

1. Resist commercial campaigns to increase population growth for business reasons.
2. Mail or deliver copies of this essay to newspapers, school teachers, ministers, doctors, etc.
3. Reducing population eliminates all scarcity problems: food, water, fuel, and all natural resources.
4. Abstinence from childbirth reduces earth, air and water pollution.
5. Now that we have complete worldwide communication, abstaining from childbirth reduces the threat of war.
6. With an intelligent money redistribution program personal prosperity of everyone can be increased.

7. Present production can provide an abundance of goods and services for everyone.

8. Abstinence from childbirth increases the quality of human life in every way.

9. When everyone is a spiritual master, there will be nothing to do but make love.

10. Most people have made spiritual mastery so difficult even God couldn't make it.

11. Underpopulation is not dangerous, we are not in any real danger of running out of people.

In this essay, it may appear that I am being hard on India or too critical because of its overpopulation problem. In fact, I feel that India is superior to the United States in many ways. I think India probably has the most highly evolved culture and people of any nation on earth. India not only has love and peace, but it also has a highly developed technology. You can find everything in India that you can find in the United States, plus a lot more. For example, India has only been a democracy for some 30 years. And yet, the Indian people have a more human, balanced, efficient, and participatory democracy than the United States has developed in over 200 years.

A nation of people who have mastered simplicity can survive long after our complex economy has collapsed. I wonder if many Americans would survive the temporary insanity that the collapse of the money system might induce and be able to feed themselves.

The greatest thing that could happen among the nations of the earth is a marriage between India and the United States. If all intelligent people traveled to India, they could see the future of the United States. Likewise, if intelligent Indians traveled to the United States, they could see the future of India — positive and negative. Babaji said, "One day, there will be a spiritually enlightened American in every village in India to teach the people." Indians can teach Americans the right use of materialistic technology. Americans can teach Indians how to take care of their material possessions. Americans can give Indians an appreciation of the rich spiritual traditions they are losing as they move toward materialism. India seems to be making the move towards materialism that America did a hundred years ago, so they can learn from our mistakes.

Overpopulation in India will not be solved by the government. Mrs. Ghandi proved that. It can only be solved by the masses of Indian people putting pressure on themselves and their neighbors. To have more than two children is a great crime and moral wickedness — it is the national sin. To have one is enough to create a serious problem if people start achieving physical immortality. Of course, to dematerialize your body and go to another planet is a

solution, but presently it is not practical as a mass solution.

Overpopulation

Instead of lecturing me on various subjects like overpopulation, food, cleanliness, sanitation, etc., Baba sends me on trips to India so I can see for myself.

My conclusion on overpopulation: small families or no children is virtue; large families degrade human existence to the point of being a disaster in itself. Overpopulation creates social and national disasters. Physically it creates pollution, scarcity of everything, including space, natural and cultural resources; an abundance of ignorance and misuse of human resources. Ultimately, it creates death by starvation or violence. If the society is nonviolent, the lust for death becomes such a strong force that the psychic power of it creates natural disasters like tidal waves, earthquakes, or plagues, etc.

We in the United States have a small overpopulation problem at present. But we are a young nation. Presently our birth rate is fairly close to our death rate. But, if we do not develop total consciousness about it now, in a few generations we will find our country in the same mess as India is now. Surplus of people and scarcity of everything else.

I would estimate that 25 per cent of Indian people have no houses. They live in caves, or exposed on the ground or streets. In Bombay, for example, a city of seven million people, probably about half have homes. Several million people sleep on the streets, or porches and floors of public buildings. To take a walk at night is to walk in the bedroom of hundreds of people, sleeping. Each park is the home of hundreds of people. Communal living in the extreme — extended family.

This situation has created a national atmosphere of safety and love. When you have no walls to protect you or separate you from people or nature, love is a necessity of survival. But it is also degrading and ridiculous.

But ignorant people produce babies faster than the construction industry can keep up with them. Due to the warmth of the weather in India, people can survive without housing.

Having more than two children is the greatest national sin of our generation, in any country. If you plan to be immortal, you should not have any children. To have children is to agree to die.

Having children is dependent upon mortality. Unless you plan to ship them to another planet, either you or they have to die.

Simplicity is India's greatest virtue; overpopulation is India's greatest vice. Overpopulation is not simplicity.

In the United States the birth rate equals, or is less than, the death rate, but the immigration rate of people exceeds export

of people by far. Therefore, if this continues we will absorb the overpopulation problem of ignorant countries to the point where we also have the same problem.

So the problem of overpopulation has to be solved in every country, if we are to prevent war and national disasters.

I assume Indian journalists have made people tired of talking about these things: overpopulation is almost too late for talk.

Prophecies of destruction make some people secretly rejoice, but what if there is no mass destruction and we have to live with and improve things the way they are? What if there is no escape through death?

Parents of more than two children must be willing to feel remorse and repentance for their mistake, or their children will multiply this mistake. If they do not, the remorse will come after the destruction that overpopulation makes inevitable.

1977 tidal wave in India that killed 100,000 created remorse, but what shocked those with remorse is the callousness — a good riddance attitude. India is better off without them.

1979

U.S. Population Hits (Exactly) 220 Million

Washington.

At 7:45 a.m. PST yesterday the U.S. population officially reached 220 million persons.

The Commerce Department's Census Clock, which estimates changes in population, adds a person every 19 seconds, taking into account births, deaths and persons moving to and from the country.

A person is born in the United States every 10 seconds, a person dies every 16 seconds, an immigrant is added every 77 seconds and an emigrant is subtracted every 15 minutes, the Commerce Department said.

The U.S. population reached the 200 million level on Nov. 20, 1957. It was 117 million in 1926.

When the first U.S. census was conducted in 1790, the total population was just under 4 million.

United Press

Rebirth May Be a Solution to Excess Birth

Rebirthing is a scientific, spiritual, breathing rhythm. This simple breathing method consists of connecting the inhale to the exhale in a relaxed intuitive rhythm. This rhythm is an inspiration, not a discipline. The power comes from spirit. Rebirthing has been called a biological

experience of God. It is very physical, as well as psychological and spiritual. When this breathing rhythm is not done with a well trained rebirther, it is sometimes called hyperventilation. It is best to have at least 10 lessons with a breathing guide called a rebirther. It takes most people 5 to 20 sessions to dissolve accumulated tension, fear and holding habits that may prevent the mastery of this simple breathing rhythm.

When rebirthing is combined with singing the name of God, massage, warm baths, affirmations, fasting and other simple spiritual purification techniques, it has the power to unravel the parental disapproval syndrome, the birth-death cycle, to heal mental and physical illnesses, and to bring about the eternal life of the spirit, mind and body, thereby establishing heaven on earth full of truth, simplicity and love.

It is natural for people to breathe, to think, and to express affection with loving touch. Heaven and health are natural states that are maintained through breathing freely, and freedom of thought, and the free use of loving touch.

There are rebirthing centers in every U.S. state and in almost every country in the world. For a directory, please write to: Rebirth International, Box 234, Sierraville, CA 96126.

Population Consciousness

The ideal way to keep the birth-death rate equal:

1. Count men, women and children on your block or rural area.
2. Find out how each person feels about their reproductive responsibilities in relation to overpopulation.
3. Have enough discussion until each person can make a decision that works for all. "One for all and all for one."
4. Implement the agreed upon program in harmony with your whole community.
5. When your block or city goes over the acceptable birth-death rate or under it, everyone should know about it.

* * *

The idea that only two things are certain in life — death and taxes — is deep-rooted in Western culture. I am dedicated in this essay to refute the idea and to replace it with a better idea — death is unnecessary and undesirable.

My discussion is based on the premise that all human necessities are learned and that perhaps most human limitations are learned unconsciously. The certainty of death and taxes may be consciously analyzed by some, but most just take them for granted and submit to them like sheep being led to the slaughter. The belief in these two necessities is never seriously discussed. In fact, to raise the idea that an ordinary man or woman can conquer death would be considered radical, audacious, heretical or impossible even in the enlightened 20th century.

An ironical thing about this Western idea of death is that it is generally perpetuated by Christianity and yet Jesus taught that faith in Him would yield eternal life. He taught that faith will enable us to do the things commonly considered to be impossible. Orthodox churches teach that Jesus was on a higher plane of being than we are and that we cannot do the miracles that He did, but Jesus said that we are not only expected to do everything that He did but that we are expected to greater things than He did. So conquering death is our Christian duty.

The ironical thing is that Orthodox Christians while claiming to be humble in their condemnation of the audacious belief of conquering death are really being prideful and audacious because they are setting themselves up with the authority to limit the teachings of Jesus to their own puny interpretation. What they don't realize is that they got their concept of death from their parents or their Sunday school teacher, not from Christ. Christians are ironical in that while always seeking and striving for spiritual growth are horrified when a really significant concept of spiritual growth is presented to them. "Ever learning, but never coming to a knowledge of the truth." St. Paul.

I believe that the children of the future will learn victory over death as easily as the children of the past learned subjection to death. The children of the future will laugh at the stupidity of their ancestors who died in ignorance of their spiritual and physical power. Eternal perpetuation of the body will be factual and normal while death and physical limitations will be uncommon and ridiculous and uncertain.

Chapter IX

How to Put Death to Death!

(1968)

In the future, eternal life will be certain and taken for granted. In the past, death was certain and taken for granted. The present is the generation of choice. We in this generation can join either group. The courageous and lovers of life will seek eternal life and the weaklings and pessimists will die. Therefore, it is obvious that the lovers of life will soon be in the majority.

But, you say, I don't know many people who have lived for even 200 years to say anything about 1,000 or 10,000 years. So how can I learn how to live as long as I desire? Who will teach me? There are other people who say, "A hundred years is all I can take." "I'm bored now — the thought of living 500 years is terrifying." Both of these statements reveal that their authors are already programmed for death. The first question is, "Is really long life desirable?"

Perpetual Longevity

"A hundred years is all I can take." This statement springs from a deep-rooted belief in suffering and limitation. This person has not yet experienced "abundant life." The fullness of health, joy, wisdom, peace and love has not yet permeated his or her life. They have not yet conceived the idea that all bodily limitations are temporary. Bodily limitations are limited. Aging is unnecessary and can be reversed.

As our faith in our spiritual and physical power grows, our limitations are cast away and we walk in the freedom of whatever state of physical being we develop faith in. The question is — how do we develop faith? This question will be answered soon.

I am optimistic about life! The belief that evil, pain and death are necessary to experience or appreciate goodness, joy and life is an error. It has been a common idea spread in Western culture, that we need such contrasts to appreciate things, but I disagree with this idea because there are so many forms of goodness to enjoy and provide contrast that evil is completely unnecessary.

There is music, literature, construction, architecture and oil, sciences, thousands of kinds of business, sports, friendships — infinite combinations of ideas formed into personalities, space, travel, drama, meditation, politics, religion, sex, poetry and the thousands of kinds of occupations. What is the opposite of blue?

"I'm bored now. The thought of living 500 years is terrifying!" Persons making this

statement are "drags." There is a Chinese proverb, "He who is all wound up in himself makes a very small bundle." To me life is beautiful! Life is exciting! Life is full of interesting things to do! I have had at least 200 years planned since 1961 and by then I'm sure that I will have another 1,000 years scheduled.

I want to master at least a hundred professions. I am now in the process of making my first million. I want to master several aspects of business: retailing, sales, manufacturing and investing to name a few. This can easily take 100 years.

I want to ski all the great slopes of the world. This will take at least a year. I want to do a lot of flying. I can think of a hundred sports that I want to enjoy in fullness. I want to take weeks and months for the enjoyment of mastering each one.

I can see myself devoting 5 or 10 years to music. I could see myself going back to college for 5 or 10 years. I can see myself travelling the continents of the world for several years just studying and enjoying the religions of the world.

Solar energy, sea exploration and recreation, space travel, and metaphysics (at the study of the power of the mind) are still exciting frontiers. There are centuries of learning to be mastered in these areas. There are plenty of interesting projects to cure boredom.

I am interested in life! Living for several centuries is desirable for me and I know it is for many others.

Now for the biggest question — how can an efficacious belief in the ability to gain victory over death be acquired? The answer is in essence very simple — this belief is developed the same way any other belief is learned. Trade in your morality for immortality.

Our parents and other adults taught us to believe in the certainty of death when we were children and too ignorant to argue. However, our parents and other adults also taught us many other beliefs that we have discarded. We can discard this belief in the same way.

A word of caution here!

It takes some people 20 years to overcome a learned belief in poverty which their parents had taught them. It may take you several years to change your old belief in death to a new belief in eternal life or a very long life. In the meantime, don't experiment. Fooling around with death before you are ready could prove to be fatal. Honor and respect all of your old beliefs and fears as long as they have value and as long as you suspect that they have any power. For example, stay away from deadly germs if you believe they can do you harm. Don't drive too fast if you believe that speed kills. In other words — don't tempt your faith. This book might transform you with the first reading, on the other hand, it might not. There is a difference between intellectual knowledge and knowledge that is connected to the

roots of your being and produces dependable results. For example, you might have the word "millionaire" in your vocabulary and know the definition of it, but that doesn't make you a millionaire. Likewise, having the word "immortality" in your vocabulary and knowing that it is possible to achieve, doesn't mean you have conquered death.

I first conceived of physical immortality in 1961. In 1967, just six years later, I worked out my unconscious death urge — I broke the power of death in my soul after six years of work. It took me several years more to wash out all of the implications. I am finally publishing this essay in 1975, so it took me over ten years to master these concepts myself. Therefore, I recommend that you take it easy for a few years and avoid risks. The temptation to attempt risky activities may be your unconscious death urge in disguise.

There are three steps to faith in eternal life: logic, emotions, and action. All physical things, all physical realities, all physical effects begin with an idea. They begin as a theory and they must be logical, but the idea must become emotionalized and then we must be able to act upon it. For example, a chair was at first an idea, then someone got excited enough (emotion) about the idea to build one, and finally he sat in it (physical). The idea of an airplane had been kicked around for centuries before the Wright Brothers flew in one, but in less than a century flying has become a household word in every family. The same principles apply to our beliefs in cars and electric lights. The same will be true about eternal life. Soon everyone will consciously choose how long they desire to live.

Step 1

Now for the logic of eternal life. Jesus did not rise from the dead to prove His supremacy over us, but to teach us how to do it ourselves. And He was not the first person in Bible history to do it. Enoch was the first in Bible history to leave the earth without dying. Elijah raised a boy from the dead and he himself did not die, but ascended into heaven in a fiery chariot (perhaps the first U.F.O.). Jesus said, "I have power to give up my life and I have power to take it again." And He said, "As ye believe so shall it be done unto you." He said, "Greater things than you see me do, you shall do." He said, "If you have faith as a grain of mustard seed, nothing shall be impossible unto you." And He said, "If you believe, you have passed from death to life." Orthodox Christians have traditionally been hung up in the historical Jesus and have missed the living eternal Christ. John said, "He is the light which lights every man who comes into the world." A few Christian "saints" in every century have raised people from the dead. But in Indian culture it is more common.

The logic of the idea of victory over death is as follows: Every person controls

life and death, but we can give this power to chance. Every person is responsible for his own death, but every person is not conscious of this power. For example, if your parents told you that God controls the day you die and that God uses disease, accidents, old age or some such thing to kill people, then if you have accepted this idea, you have unconsciously surrendered your power over death to your parents' God — a God incidentally whose power can't overcome germs, who is not intelligent enough to prevent accidents, and who is subject to time. Let's face it — our parents' God is too damn small — let Him die! Stop restricting God! Let God be God. If He is a living God, He must be as big as life.

It is necessary to reclaim your natural power over the destiny of your physical body. Realize that God's existence is not threatened by yours and it's okay with Him if you live forever. The fact is that God is infinite and He won't notice or care if you die any more than He notices an ant that you step on. On the other hand, since He is infinite, He won't notice or care if you live forever. If God cared whether or not you died, you'd never die, so obviously He leaves it up to you. If you try to make Him responsible, you may think you have succeeded but you haven't. Therefore, if you die, it's only because you have committed suicide. Blaming it on God doesn't keep you from being dead.

If life contains a star fish that can grow new arms and man is the ruler of the world, the greatest of God's creatures, then why can't a man grow a new arm after amputation? The answer is he can and Jesus, many Christian saints, Hindu saints, and Muslim saints have done it. But don't tempt your faith. Let the people who have already lost their arms because of their belief that accidents and nature have power over them demonstrate the truth. The rest of us can demonstrate our faith and power by preventing accidents. Chopping off your arm and growing it back is a talent that anyone can learn, but why bother? I recommend that you use your time and energy and arms to play the piano, build a house or to play basketball. Instead of creating problems for yourself or someone else, help someone who already has the problem.

If you have been *taught* that God or Satan or an angel controls death and you accepted the teaching as truth, then stop and think. There is a higher and better truth. The real truth is that God has given you the power to control your life *and* your death. Your saying or believing that you do not have this power may shorten your life, but it is you and your belief that kills you — don't blame it on God — God is a living God. Though millions have died, God still lives. The lovers of life, love God and shall live on. Those who believe these words of Jesus about eternal life do live on: "Those who believe not, shall not see life."

What words is Jesus talking about? "No man has power to take my life from me. I

have power to lay down my life and I have power to take it again." To keep these words means to know that they are true of you.

In concluding this point of the logics of eternal life, it is a fact that God has given every person unlimited power and He has given us the right to limit it in any way we choose. Did you ever think of this? Unlimited power is meaningless until it has been limited in some particular form. We can limit the unlimited power of God into any form we desire. But we can also cast off any limitations that we formerly had imposed upon ourselves. The problem is that most people are unaware of this principle of life and they learned limitations unconsciously from their parents and immediate environment. Therefore, we can choose whatever forms of limitations we want to live in. To restate what I said in the last paragraph will now make it easier to understand and grasp. The real truth is that God has given you the power to control your life *and* your death. Your saying or believing that you do not have this power doesn't change the fact that you do. It only demonstrates that you are unconscious of the fact that you do have this power.

However, if you say that you do not have this power, then you make yourself the victim of whatever power or powers that you believe controls your death. For example, if you believe that an angel controls your death, then he does. If you believe that speed, poison, bullets or old age can kill you, then one of them surely will. But if you believe that you control the day you die, that God has given you this power and right, and you believe that you will live to be 200 years old, then you will not be in any situation that would cause your death and violate your belief. Jesus and all the great thinkers of every age agree on this one point, "As you believe, so shall it be done unto you." Or, "You become what you think about." So if you have been thinking that you can't control death — that the only two things certain in life are death and taxes, then I have good news for you: life is more certain than death, faith is stronger than death, goodness always overcomes evil, and you can change your belief. William James said, "The greatest discovery of my generation is that men can change their lives by altering their attitudes of mind."

If you think logically about life and death, you can control yours.

Step 2

Step 2 is to make the theory after it is logically understood and accepted into an emotionalized belief. The method for doing this is auto-suggestion, which is simply repetition. Faith can be created by suggestion! Repeat the idea that you control death in as many forms as you can until it becomes an unshakable belief that has eliminated all doubt and replaced completely your old belief that you could not control death. The

techniques of autosuggestion are meditation (deep thinking or emotionalized imagination or feelings), reading, listening, writing, talking, observing and touching.

There are hundreds of good books now on the subject — get some and read as many as you need to build your faith strong. There are hundreds of speakers and preachers in the new thought movements that you can find and listen to. The Christian Science Church is one of the largest and well-known sources. Write the sentence, "Death no longer has power over me, I control my life and I control death; therefore, death cannot touch me unless I want it to and I don't want it to even come near me. I love life and I am filled with joy, love, peace and wisdom." Write these sentences ten times every day or every time you feel doubt. Design your own sentences to counteract every aspect of your own former learning. Write essays and book summaries on the ideas that you want to become your beliefs.

Talking is also a very important technique of autosuggestion. Jesus said, "If you honor me before men, I will honor you before my father in heaven, if you deny me before me, I will also deny you." Your belief is not strong if you are afraid to tell others about it. Most people are interested and find the idea easy to accept — at least in theory. And remember, you are strengthening their beliefs as well as your own. Jesus also said, "Every word that you shall speak you shall give an account thereof." In modern slang this means, "Be careful what you say, it is liable to become a reality." The main points here are watch your words, speak what you really want, not what is convenient or habitual, and argue for what you want. Arguing for your new ideas is a very powerful way of driving them into your subconscious mind or emotions. Reading aloud to oneself is good, singing alone, and singing in groups is especially good. It is important to critically examine what we sing and say. Everything that comes out of our mouth affects our future.

Observation yields plenty of evidence to strengthen our belief that death is caused by unbelief. A disease kills one person and not another — the only variable is will to live — a belief in life. If you spend very much time in hospitals, you soon find that every law of health and safety is at some time broken without any ill effects when done innocently by someone who had a reason to live. The number of bullets it takes to kill an individual and the places that they hit in order to prove fatal are relative to the individual's beliefs about bullets and their will to live. Weak individuals with a death wish can be slain by the tiniest electric current. Others can take massive voltages and walk away completely unharmed. The amount of blood loss necessary to cause death is relative to the individual. The amount of heat necessary to cause expiration is also relative. Meshack, Shadrack and Abendigo were able to survive the fiery furnace while the guards who

threw them in were consumed. A more modern book of miracles is the one written on the citizens living in the middle of Hiroshima and Nagasaki who survived the heat of the A-Bombs in the middle of the blast. Some people die from falls from a height of one story, while others can fall 25,000 feet without a parachute and live. Old age is cited as a cause, but it seems rather uncommon. What age is old enough? I've studied documented cases of people who have been around over 300 years and are still not old enough. The cases of survival from some auto accidents are fantastic — miraculous. Therefore, all these incidents prove that a will to live if it is strong enough, can bring a person through any danger. A will to live prevents death. And on the other hand, the common cause of every death is unbelief.

The goal, however, is not to prove our powers of survival, but to love life, enjoy life, and to stay in the safety of the mainstream of life. Dwelling on death can cause it. You must be careful how you use the word in your thoughts and speech. Each time the word comes into your consciousness you must frame it into a context or statement that puts you in control or replace it with the word life or enthusiasm. For example, if you hear or read about a death in the news or death statistics, then you must be able to resist the emotional impact of such statements. These statements will destroy our faith in our own power over death if we don't counteract them. Putting a counter-statement in a written sentence and writing it until you can feel your faith return is a certain and successful way to defeat the enemy. Reading or re-reading a book on life in the morning, evening or on a weekend is a good way to dispel doubts that occur during the day or week. It is important to get and maintain that winning feeling until your power over life and death is such an accomplished fact that you take it for granted.

Of course, it is going to be of inestimable value to you to educate your family and friends. Unless you can convince others, you yourself are not convinced. Your family and friends will be a daily and constant source of strengthening your faith.

It is necessary once you have mastered these ideas and done what you think is enough autosuggestion on them to forget about them. The important thing is to live, to enjoy life, to live life without any thoughts about death. But when thoughts arise, step on them and use any of the methods of autosuggestion that is convenient until the feeling that death is no longer a part of your life is an unshakable fact.

My point is that to continue studying death can cause it or prevent it. Exploring every kind of death can bring either victory over it or you see the cause and your ability to eliminate the cause or the exploration can increase your belief in the power of death and, therefore, teach you your inability to prevent it. The feeling that victory over

Death is taken for granted is the winning attitude. We don't have to die. Life is certain. Life is worth living. Life is fun and abundant.

Here is a concrete suggestion that may help you to put the study or thinking and talking about death in proper balance. Replace every opportunity to see, think or talk about death with an enthusiastic living activity until you are certain that to do so could only strengthen your desirable beliefs. In other words, don't attend funerals — go to a party instead. If you are the social victim at other people's funerals, don't be surprised if you are the physical victim at your own. Attending funerals is where you got the most tangible evidence for your resent belief in death's power if you believe it has any. Death has no power but what you give it — you can give it none or you can give it all. In this respect, it is like alcohol, smoking, drugs, or any other form of sickness or mitigation. Therefore, avoid funerals, morbid conversations, don't read or hear morbid news items, replace thoughts of death and fear with thoughts of life and faith. Become a goal-oriented person and develop a success consciousness. When you have emotionally absorbed these concepts, then to look at death, to see funerals, and to enter conversations can only strengthen your belief in life. Therefore, step two in preventing your own death is to stay away from thoughts, words and actions concerned with it until you have emotionally learned that death is unnecessary and until you are permeated with a love and enthusiasm for life. And then you are safe anywhere doing anything that you choose to do. Even if you became a soldier, you'd be safe because somehow, though your buddies on both sides were killed, you would be spared. As the Bible says: "Two shall be lying in a bed; one shall be taken and the other left."

It's one thing to understand the logic in the previous paragraphs and to accept it intellectually. It's another thing to believe it strongly enough so that it works and produces results. The kind of beliefs that work are the beliefs that you feel so strongly that you take them for granted, like the belief that death is inevitable. It's just a belief but if you wait until it produces results before you change it, it's too late.

Step 3

The third step in overcoming your former belief in the power of death is action. Basically, I mean to accomplish things that demonstrate your own power. Mainly your power to change childhood beliefs.

For example, if you inherited from your parents a poverty complex, then becoming wealthy will prove to your mind that you can overcome and change old beliefs about yourself and about life. If you can change this belief in poverty, then you can also change our belief in death. If you can get rid of your unconscious expectation of poverty, then you can also get rid of your unconscious expec-

tation of death. If you can control the physical effects of life in one area, then it follows that you can do it in other areas.

If you have a physical handicap, overcoming it can give you the evidence you need to conquer death. Developing an athletic ability will help. Learning to heal others will help. Each attitude and bad habit you overcome will strengthen your belief in your own spiritual, mental and physical power.

Of course, refraining from killing others is so basic that I hardly need mention it. Life is just, if you kill others you shall die also. Of course, if you have killed in war, innocently, accidentally, or in the line of duty, there is forgiveness and cleansing, but it must be sought all the more diligently. Killing someone with the idea of later getting forgiveness is certainly fatal because the "judgment of God is executed speedily upon evildoers." There is really no reason for killing another person. There is always a way to solve an existential situation where death or murder is threatened without killing the aggressor. There is always a way to prevent the death of one person without killing another.

One tremendous contribution the Teutsch Foundation has made to modern life is that there are no murderers without victims. That victims have a death wish and are as guilty for their own demise as are their murderers. The Teutsch study on the Kennedy assassinations is a brilliant work that demonstrates this fact conclusively.

In relation to justice, the murderers have a death wish, also, and are trying to get somebody to kill them. So capital punishment is a complicated sociological way of committing suicide. A provocative conclusion from this might be that abolishing capital punishment may prevent murders.

Remember to stay away from funerals and morbid discussions. If you don't have the courage to embarrass someone or be thought a "kook" in these harmless situations, then you also may not have the courage to embarrass a doctor who gives you a death verdict from some popular disease. The present beliefs and doctrines of medical science are new and they will soon pass away. Medical science is growing in wisdom just as other sciences. Find a doctor who believes in these ideas — if he is ignorant, then educate him. No illness is incurable but unbelief, and even this can be changed.

Experimenting with the aging process is very helpful. I learned about this from friends who I thought were 28 until I met their 20-year-old son and 16-year-old daughter. They would not reveal their physical age to anyone because they did not want to submit to the myth that aging is necessary. They are living demonstrations of their belief that aging and death are unnecessary.

I tried an experiment with the aging process. When I was 28, I decided to become 24 again — physically. My imaginative identification was so powerful that I got keyed into some of the emotional and financial hang-ups of that year as well as the

physical virtues.

Once I shook up a finance company manager. I told him I was 24 but my credit applications revealed that I had a college degree and five years of work experience. So he thought I was lying somewhere. Then I told him frankly and honestly that I was doing an experiment with the aging process. I didn't get the loan — I guess he thought I was a bad risk. I thought the whole situation was rather humorous, but it reveals the kind of courage and commitment you must have for your goal.

My experiment turned out to be so successful that bartenders started asking me for identification and people guessing my age usually guessed 20 to 25. I completely lost that over-the-hill feeling which helped prompt me to try the experiment. And I found that the physical energy, strenuous endurance, and enjoyment of sports began exceeding any I had ever experienced. I found that I could use the principles of mind-body conditioning to maintain all the desirable characteristics of 24 and eliminate all the undesirable ones.

My point is that the aging process can be retarded and reversed by autosuggestion and spiritual enlightenment — the ancient principle of faith. Spiritual purification exercises are a technology of eternal life.

Fasting and setting records of sleeplessness are also very good experiments to strengthen your faith. All experiments should be thought out thoroughly, planned carefully, done in groups and understood by those close to you. Being a loner can be dangerous.

The common record of fasting practiced by most saints seems to be 40 days. Jesus did this before he began His ministry. It seems to be long enough to break one's belief in all the old wives tales about health. It certainly gave Jesus lots of healing power. Gandhi fasted over six months and he certainly demonstrated lots of power. Whether he succumbed to the assassin's bullet willingly or unwillingly, I don't know, but his life reveals that spiritual power must be developed in each area of life separately. Obviously, a success consciousness and a no-limitations belief makes learning new things much easier. Another example of fasting is Therese Neuman of Bavaria, reported to have lived without food or water — on nothing but one communion wafer per day — for over 20 years.

Once you become spiritually enlightened and demonstrate your power in one area, it's easier to apply it in others, but it still has to be applied. Being an enlightened generalist has to be specialized to produce results in particular areas. Gandhi was an enlightened politician but I don't know how well he could play the piano, and he allowed himself to be assassinated. Maybe he saw too many American Western movies.

I have also read of several cases where people have abstained from sleep for years. Studying these cases is helpful and, of

course, experiments should be done cautiously and planned carefully in cooperation with others and with an enlightened doctor's care if possible.

One final point before concluding this essay. Jesus proved that death is not necessarily permanent. He did hundreds of experiments and demonstrations before He submitted to the cross, but as history plainly shows He rose again from the dead. Remember that He raised others from the dead before trying it Himself. He was no dummy. He was very scientific about it. New understanding is given to the transfiguration scene also when considered in this light. He said, "I have power to lay down my life and I have power to take it again."

He also said, "If you are my disciples, the works that you see me do, you shall do, and greater works than these shall you do because I go to my Father." There are many cases of people who conquered death. Some of them quite innocently, it would appear. I remember some early American dramatic works and some true stories of people digging out of their graves. It is ironical that these incidents inspired both the curiosity of some doctors that led to great contributions in medical science and also the fear that led morticians to adopt the six-foot under rule (it made it almost impossible to dig out) and modern scientific embalming procedures which seem to have wiped out the phenomena completely. In passing, I would like to point out that the mortuary business will decline as these ideas gain wide acceptance. I would like to suggest that mortuaries should change their product from caskets to this education and that they aid the cause by making burials a non-profit activity. Freezing bodies may catch on sooner than expected.

One of the best books on contemporary saints who have a full understanding about death is *Autobiography of a Yogi* by Paramahansa Yogananda.

In summary, there are three steps to changing your belief about death: (1) To understand the logic of why it is unnecessary; (2) To be emotionally impressed with the truth that death is unnecessary and that our life on earth in this body can last as long as we choose; (3) To take action necessary to give our minds tangible, physical evidence of our own spiritual, mental and physical power.

Two questions remain: how long does it take to develop this new belief? And how can I be certain that death is not waiting for me around the corner?

Some people will have developed this new belief by the time they have read this far in this essay. Other people may have to read this essay every day for two or three years before the certainty of its truth sinks into their consciousness. And the children of the future will not have to give a thought or effort to it. They will simply be swept along on the wave of the mass mind belief. Jesus said, "The first shall be last, and the last shall be

first." The last shall benefit more from the efforts of the pioneers than the pioneers themselves.

The answer to this first question is within yourselves. You must study the success philosophy until you get the results that are necessary to give you the certainty that you need. Encouragement and cooperation from others will help, but finally you must accept the full responsibility for your life and your death. However, you can be certain and you can learn this certainty by reading, writing or any of the methods of autosuggestion formerly mentioned.

The first question answers the second. When you become certain of the truth of the principles in this essay, then you can trust them with more confidence than the U.S. dollar or the law of gravity. If you will stop and think about this, you will soon conclude the dollar and gravity are both dependent upon faith. You learn new beliefs in the same proven way that you have learned all the beliefs that you now have. Therefore, death is not around the corner because you have not reason to attract it. Attracting death without a properly learned expectation is as difficult as attracting a million dollars without a properly learned expectation.

Finally, my main point is that no matter who you are, you can reach your goal. There is no situation in life that can't be changed. There is no incurable disease except those you acknowledge and you *can* cast off your self-imposed limitation. As Jesus affectionately said, "If you have faith as tiny as a grain of mustard seed, nothing shall be impossible unto you!" May your mustard seed rapidly grow into a tree and bear fruit of all kinds of success.



Chapter X

Conclusion

Paradoxes of Physical Immortality

(1980)

The potential of the eternal reality of the physical universe is the ultimate temptation. Since the physical universe out-lives most theologians and philosophers, we are tempted to think that material reality is more important than spiritual reality. It is this conclusion that has made death so popular for so long. The ignorance of spiritual reality in human beings has caused death to reign for thousands of years. Spiritual immortality is the source of physical immortality. Physical immortality is the result of spiritual immortality. This is obviously a great paradox. The answer to the paradox is simply presented in the Garden of Eden story in the Bible.

The Tree of Life that when eaten produced eternal life is Life itself: infinite being, spirit, the Father. The Tree of Knowledge of good and evil is thought: the source of good and evil, the mind, the Son, the word. Thought is creative. The creation is the fruit of the creator. Life itself; spirit, is the source of the fruit, not vice versa. To trust intuition, Life itself, as the source of truth and reality, is to eat of the Tree of Life that produces eternal life. It is essential to know the truth. As Jesus said, "The truth makes you free" — from death.

Spirit is the first person of the Trinity. Thought is the second person of the Trinity. Spirit is the source of thought and the creative power of spirit. Thinking is the source of everything else. The universe is spirit thinking about itself, the spirit becoming what it thinks about. Therefore, the physical universe is as much God as spirit itself, and so spiritual immortality is not superior to physical immortality. Neither is physical immortality superior to spiritual immortality. It is necessary to keep them in balance. To believe that one is superior to the other produces death.

It is just as wrong to deny that the physical body is spirit as it is to deny that the spirit is real. The truth is that spirit and thought are just as physical as matter, only invisible. Spirit is as real and as physical as electricity and radio or TV waves. Spirit as physical is called divine substance or essence.

The Garden of Eden story teaches us that spirit and thought are the source of physical immortality. To believe that the universe and the body is the source of God or even of religion is delusion. The ultimate temptation is to believe that the effect is the

source of reality. The physical body and the physical universe can never be the source of life no matter how real and everlasting it seems to be. The universe and the human body is created by spirit's thoughts, it is moulded by thought, and it is maintained or destroyed by spirit and thought.

For people who don't make it death is ecological. The earth is better off without people who are not life oriented and love oriented. Life without a body is also something that people evidently need to explore more fully. Physical death is a spiritual purification process, but most people have already had lots of practice at death and negative emotions.

The redemption of the body is the ultimate game. It is the game of life, or eternal life. The purification of the body is the purpose of religion, the goal of yoga. It is the game of spirit.

In truth, simplicity, and love,



The I Am Alive Now Project of Your City

The purpose of this project is to give everybody in our city an opportunity to think about the idea of physical immortality as expressed in the following affirmation.

"I am alive now; therefore, my life urges are stronger than my death urges; as long as I continue to strengthen my life urges and weaken my death urges I will go on living in increasing health and youthfulness."

The idea of physical immortality has never been tried by a modern society. Ultimately, the only way it can be tried is to get everybody to believe in it. This goal is perhaps too idealistic, but we may be able to get everyone talking about it and thinking about it for a while. If, after considering physical immortality, people prefer to die, dying will become a more conscious act.

The immediate goal of the I am Alive Now Project is to give everybody in our city an opportunity to think about it and make physical immortality a live option. When the idea becomes popular in the total population, we may be able to measure results by a reduction in death statistics in San Francisco and other social changes.

The fact is that the idea is already believed by over 100,000 people in the United States. They report a significant increase in personal health, happiness and success. The belief system that death is inevitable may produce more personal and social ills than we realize. The idea of physical immortality is totally harmless. Let's try it!

One of our first goals is to print and mail this booklet to every person listed in the San Francisco phone book. This goal is financed by your donations. The people at the project will continue mailing as long as there are booklets to mail until this part of the project is completed. Make checks payable to Inspiration University and mail to Box 234, Sieraville, CA 96126

We invite all media people to support the project. We invite our governments to support the project. We invite churches and therapists to provide seminars and counseling about the death urge.

The project is now a grass roots movement supported by loving and generous citizens. We invite your participation by sharing this booklet with friends, neighbors, and people you work with.

The ultimate purpose of individual consciousness is the eternal life of spirit, mind and body. After achieving immortality of spirit, mind and body, all there is to do is practice truth, simplicity and love.

* * *

The One Day Air Fast

by Leonard Orr

(1988)

A one-day-per-week liquid fast is plenty for the first year. Then you can expand your limits with your fasting experiments. Your physical body and common sense are the best teachers. Never push yourself or your body. Your psychophysical organism must be lovingly trained. Gentleness. The goal is not hunger nor weakness; when you have either hunger or weakness you should break your fast.

The mind is a foolish thing. It can delude you. The goal of fasting is to heal the deluded mind, not to be deluded by it.

After a few years of experimenting, Babaji suggested that I fast three days per week for a year. Liquids only on Sundays and Tuesdays and nothing on Mondays - no food nor liquids. I did it for about a month and then I couldn't. My primal appetite came to the surface and I ate like a pig for a month. Then it felt more natural to continue the 3-days-per-week and I completed a year. It took me 10 months before I looked forward to Sundays as much as Tuesdays. The habit of putting food in our mouths is very deep.

Many times I felt like committing suicide on Monday nights. It was because of the feeling that without food I had nothing to live for. As a result of healing some of the basic food neuroses, I doubled my income that year. When you are no longer working for food, you become more creative.

It is desirable and necessary to complete many one-day fasts without food or water before attempting a 40 day fast. I recommend that you complete hundreds, unless you'd like to die before your time. Many people have committed suicide through fasting. It is nothing new.

Fasting is an intuitive art that takes a lot of experience to master. Fasting brings up suppressed pain and emotions. A completed healing cycle with fasting should be brief in the beginning. I've seen people get a taste of inner freedom and try to heal their whole life at once. It cannot be done. Slowness is holiness.

To master food easily takes 10 to 20 years of practice. To try to go too fast makes people insane and very sick. It can bring to the surface so much pain that you will actually try to kill yourself to get rid of the pain.

When you do it right, fasting is great - very interesting. It opens up many new worlds of mind and body.

Fasting cleans the blood, the cells, and the memory. It can heal anything.

To do a one-day air-fast is very interesting. I'm doing one today. As a result of practice, I had almost no food fantasies today. My family eating in front of me didn't bother me much.

During a one-day air-fast you can heal a whole lifetime pattern with one breath! To

learn the connected breathing ability that Rebirthers teach is very important. Rebirthing breathing is a prerequisite. Otherwise fasting takes twice as long to get anywhere.

But today I could not breathe. The air-fast should be a full time fast. And it is important to have a body worker available all day. My wife massaged the pain out several times. I mostly laid on a blanket under a tree all day. The weather was perfectly comfortable, sunny with a perfectly cool breeze. It helped, but most of the day I was too weak to move.

The right kind of body work during a one-day air-fast can also heal a lifetime of pain. It can heal a future terminal disease. Today was like a miniature death. I was literally healing the death urge material I collected from my participation in the world of mortals for the past three months, when I did a three day water fast.

Breathing difficulty almost always indicates birth trauma. The mind is a kaleidoscope. I healed many patterns in my whole life track today.

It was difficult but I did it. It is 11:30 p.m. and I am beginning to feel more normal and healthy than when I started and much stronger and full of energy. I dissolved not only present-time worldly stuff, but early infancy stuff as well. Weakness often comes from the infancy period.

Whenever weakness or pain comes on, it is best to lay down and devote full attention to your breathing. You can do this even if you haven't done 10 rebirthing sessions and practice the Connected Breathing on a daily basis. However 10 to 20 rebirthing sessions with a good energy breathing teacher can teach you how to perform miracles with your breath the easy way.

One of the purposes of the air-fast is to slow you down and keep you from killing yourself. When you can do the one-day air-fast without any weakness, pain, or symptoms and you can be totally quiet all day, you have probably mastered it. Either you have mastered it or you are totally suppressed.

It is after midnight now and I feel like breaking my fast with a glass of water. I did water all day yesterday - Sunday, with one glass of orange juice for dinner. Today only air from about 9pm Sunday till after midnight of Monday. And plan only water tomorrow with a glass of orange juice for dinner.

Usually I break my fast with breakfast. But sometimes I have a special heightened awareness after midnight. It is possible to mash a peach or banana or even an apple at midnight after a one or three day fast and experience states of ecstasy that surpasses your greatest orgasm. Like sex the ecstasy

only lasts as long as you can take it slowly - very slowly. It can last for hours, even days.

If fasting is not pleasurable for you, eating the day after a fast is reward enough. If you fast one day per week on liquids only it gets easy after a while and your body loves it. Food tastes at least twice as good on the other six days.

I love to fast.

The one-day air-fast puts your body into total confusion. It doesn't know what time it is.

Some people only fast between meals. Some people only during sleep, which is why breakfast is called breakfast. It is a little joke in the language. Sleep is involuntary fasting for most people. It keeps us alive.

People who fast a lot sleep little. They generalize that food is extra work for the body. Food causes the body to take more rest to recuperate from the burden of processing so much food.

Immortal yogis go for years or even centuries without eating. It is not your Average American lifestyle. But they took 50 to 100 years of practice to master food.

"Slowness is holiness," Babaji said.

This water is delicious. It is amazing how satisfying a simple glass of water can be. It is necessary to reduce the sensual input enough to get the full value of water. Ecstasy! True ecstasy from the simple things of life.

Most people kill themselves with food. If you desire to be healthy, happy, rich, and immortal, you must master food. You must start somewhere.

If it takes you fifty years of practice to master food, that's fifty years after you start. When are you going to start? This week or never?

Breathing, bathing, and fire helps. And japa yoga. My mantras help stimulate breathing. I am on a large ranch deep in the heart of Texas, travelling in my motor home. My motor home has a wood-burning stove so I can sleep in front of it with the door open every night. My motor home is a dhuni. I make it easy to practice spiritual purification.

I love life and I enjoy feeling good all the time. I enjoy having plenty of energy everyday. So I practice what I preach. I feel good enough to be immortal. Victory over food is a basic path to the ultimate victory.

Nutrition is a power. After fasting experiments for seven years I realized I had to learn to eat again. My body became my laboratory. I can feel the value of food. My body is alive. You can only master food after total satisfaction.

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You are already immortal, unless you prove otherwise. Your physical body will live forever unless you destroy it. The belief that death is inevitable is unhealthy for humans: the idea of physical immortality produces quantum jumps in mental and physical health. Breath mastery is the key to health, happiness and wisdom.

The citadel of death and violence and war is the belief that death is inevitable. To question the thought that death is inevitable is to unshackle the human mind and produce a new experience of natural divinity. This experience can be perpetuated by daily practices of spiritual purification.

Cover painting by Babaji

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