

62. 5th May Sri Bhagavan — MM Class

Q1	When would the calamity start and when would it end?
A	Firstly, let me express my apologies for postponing the session by a week and causing you inconvenience because of that. The calamities have already started and it will end only when sufficient numbers of people are removed from the planet. Until then it would not end. The population would be dramatically reduced. So the calamities would be many. So they would become more — they already happening. They would become more and more frequent and more and more intense. For example, there would be forest fires all over the planet. There would be floods and drought and people would die because of the drought if that would lead to a famine and they would die for lack of food and in the floods they would be drowned. Besides people would also die from the sheer heat. The heat would be increased more and more and there would be no escape from that and they would die. Along with it there will be many pandemics released in which again millions would die and then thereafter would also be wars — world wars — and many of them could be using nuclear weapons which again millions will die. On the whole it would be death and more death, till finally the population has been sufficiently reduced and then calamities would stop. There are many more calamities. For example, all our communications network would dramatically collapse. Now all this would lead to tremendous economic crisis. Many more are going to happen. So it would be something — the reduction in population would be something which would be like what happened during the Mahabharata war. Now whenever I use mystical evidence I would say based on mystical evidence and whenever it is based on scientific evidence I would say is based on scientific evidence. So based on scientific evidence it would be a dramatic reduction in population like what happened after the Mahabharata war. Now the Mahabharata war was a huge war, big war and following the war there were great floods and Arjuna himself is a witness — those floods. He saw Dwaraka sinking — a lot more happened around the planet about which I don't have time to talk now. So all that has got scientific evidence and we have scientific evidence also for the vast numbers of people who died and where to where — the main epicenter was Kurukshetra but it was spread over number of countries. And with that war Dwapara ended and Kaliyuga began. Whenever there's a great calamity dramatically the population is reduced. A yuga ends and a new one starts. So with Krishna started Kaliyuga and Dwapara ended. It was 7,000 years ago. 5,000 BC and odd 2,000 years in this era which makes it 7,000 years. Now Kaliyuga is going to end. How would it end? By a dramatic reduction of the population. How would it be reduced — through all these calamities? A few of them I have spoken to you and the remaining who survive would begin Satya yuga or the golden age — that would happen.

Q2	Is there any use in knowing about these calamities?
A	Yes, we are telling you these things not to frighten you. We are going to activate the Antaryamin in you very powerfully so as to help you during the crisis. Now by knowing all this it would be easy for you to understand what the Antaryamin is communicating and what you should do. Certain things you will have no idea but the Antaryamin will tell you what it is. For example, you had this floods in Kazakhstan. So what happened was nothing happened in Kazakhstan. In Russia, the ice melted because of the global warming. The ice melted and the water — the ice became water — and there were dams holding back the water. The dams burst and that water flowed into Kazakhstan and there were great floods in Kazakhstan. So you will not know this is going to happen because it's Kazakhstan — people will not know this is going to happen — but then the ice melts there and the water accumulates — the dam burst — it comes into their country and they have they have the flooding. But the Antaryamin will warn you — this is going to happen — now there's going to be flooding — you will see no signs of it but floods would come. Similarly many more things would guide you. That's why we're telling you all these things — not to frighten you but to help you when the calamity comes.

Q3	How does one track one's growth in the dharma through M&M class?
A	See the journey through the M&M classes. If you are an unconscious being, you become a conscious being. So this dharma revolves around the inner dialogue. So many people are not even aware of this inner dialogue. So firstly you would become conscious of the inner dialogue — that such a thing is happening inside you. We call you a conscious being. You have become a conscious being. Then afterwards there is a transformation — the inner dialogue it moves from negative to positive. So most people are full of negative dialogue which creates all your problems. Be it financial, be it in your job, be it in your relationship, be it in your health — all these problems finally emerge from your inner dialogue. There are many things which control the inner dialogue and the inner dialogue makes all these things happen. So we talk about transforming the inner dialogue. So we call we call you then a transformed being. You were an unconscious being. You have become a conscious being. Now you become a transformed being because your inner dialogue is transformed. But then there is a commentator who's commenting on this inner dialogue. After some time the commentator is gone. He's no more commenting. He's just watching. He's witnessing the inner dialogue. We call you an awakened being. Now you no more comment on your dialogue. It's happening. You're just witnessing it. So we call you an awakened being. At the next level, the inner dialogue stops. When it stops, you are an enlightened being. You can clearly see the dialogue has stopped. We are talking about things as they actually happen. Now after you become an enlightened being after some time this happens to you. Let's say you're walking and somebody's walking in front of you. You would see that only you

are walking. There is no difference between you and the person walking in front of you. The same you would experience it. Suppose a tiger were walking, you would see, you and the tiger are one. Suppose an elephant is walking, you would see you and the elephant are one. Suppose an ant is crawling, you would see you and the ant are one. Suppose you see a tree, you see you and the tree are one. Suppose you see the sun or the moon, you see you are the sun and the moon. That is the kind of being you become. We call that you have become a oneness being. So after enlightenment comes this oneness being — this most people would be able to — most people who are on this journey this M & M journey would be able to get while you are still alive. Now what I'm going to talk to you would generally happen to you after you leave this planet and stand before the Paramjyothi. Now the next one would be you become a light being. Now you could become a light being while still on this planet — while still in this physical body. You could become that. You could manifest anywhere you like in light form. The body itself would look like a light being. You could appear there, here, there, everywhere. So that's a light being and there'll be enormous powers going along with it. Then some people do make it still on the planet. They are called — the next level is called you become a space being. So this space being you could be in many many places at the same time. Light being will decide to go here then come back go there go there — it's like that. Space being — no — simultaneously in many many places. For example, Padmasambhava, the great Buddhist teacher who took Buddhism from India into Tibet. He could manifest effortlessly in at least five places and conduct five programs to different groups of people. But he was actually actually in one place. But he would manifest himself physically physically in five places because he's a space being with tremendous powers. I will not go into his powers but tremendous powers. The other one was Ramalinga Swami. Most of you would have heard about him because I keep talking about him a lot. So he was a space being and he could manifest himself in many many places and talk to people and conduct programs while he was alive. He used to get huge numbers of people for darshan and since there was not enough place to accommodate them all in one place, he used to make them come to five different places, manifest in five different places physically and talk to them because he was a space being. And there are many more others. We can go on and on — were space beings. They became space beings while still in their physical bodies, still on the planet. Then of course you could go up to oneness being. But if you have tremendous passion, you could become a light being and a space being. Then on leaving the planet you go in front of the Paramjyothi or what we call the great compassionate light in the western world — you go there and then there's some kind of review is done. So this whole journey depends upon how much is the love you have in you. The more the love the more the growth. Suppose you are an awakened being — more love — you become an enlightened being. More the love you become a oneness being. More the love you become a light being. It all depends on how much is your growth in love. Love is the ultimate test. So you stand before the Paramjyothi as to see how much love you have acquired through this journey. If you have acquired

a certain amount of love, that's a big amount of love, then you have passed the test, you passed the exam, then you would be allowed into the light, not otherwise. Try as you might, it would look as though you could go, but you cannot go. Only if you acquired that much love, you would be allowed to go inside. And then once you go inside, now we have so many cells in the body. They make up this body. So many cells are there. Similarly, you will become like a cell in the great compassionate light. Assume that to be a body. You'll become a cell there. And then there are times when you'd come out of it. When you do come out of it, you are a god. What god? Small god. Not big capital God. Not that. But small god. You become. Once you become that god with tremendous freedom to move around the universe to any planet you like and do whatever you want. You are an independent entity. So what you would do you would decide. So that is the ultimate journey. Ultimately we want all of you — this 81,000 people — to become gods. But you you'll be too scared. Am I capable of that? Is it possible for me? Yes, it is. Otherwise, we would not talk. After some time, we would be moving faster and faster. That's how it all happen.

Q4	What is the purpose of Shri Amma Bhagwan's diksha?
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A	But before that, so here you must understand it is not that we are telling this is for all people. No, we are not telling all people must become enlightened, all people must become space being or light being, all people must become gods. No, not at all. We are basically focusing a certain number of people. That's all. The others have the freedom to do whatever they want. See once you leave the body and you're before the light and you could ask for whatever you want depending on your growth. Some people might like to ask to enter a world where they constantly eating. Suppose you eaten enough pizzas and masala dosas and this that — still not very satisfied with it — still you'll be missing these things. You could go into a world where you could be constantly eating. There are amazing number of worlds. The universe you know is unimaginably big and similarly there are many many many many worlds and you have your freedom to go to whichever world you want. You could go to the world of eating and there are some people who love to go on dancing with young girls but they could go to that kind of world where they could be dancing with thousands of young girls dancing and dancing all the time getting tired. Such worlds are rare. Then there are worlds where they constantly boxing. So you could — many people seem to have a tremendous love for boxing. You could go to that world and be boxing and even now we can send you there if you want to but next week you'll be very very tired after the boxing. You can go to a boxing world and there are car racing worlds where you could go and be racing cars and there are also flying clubs out there. You could go and be flying around. So it's a strange universe. The universe is very very different from what you think it is. It is not what you think it is. It is not what scientist thinks it is. It is very very different. And the freedom is yours. There's no god up there saying you must be this. No, not at all. So the many locas are there, many small gods are there, many things
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are happening there. We are in this business of making you enlightened, making you light being to gods. We are not keen on making you — taking you to the world of dancing girls or eating or boxing or swimming or flying. There are musical worlds. Mahatma Gandhi is in a world where he's constantly working on how to make the hands big. That's very fascinating for him. Ramanujan is in the world of mathematics. Carl Jung is in the world of psychology. Once you have a powerful Antaryamin, we'll tell you how to go and see all these people. Whatever I'm talking, it is possible for you to experience mystically. All that is required is powerful Kundalini and a powerful Antaryamin. They of course go together. Then it's easy to explore and see for yourself how these worlds exist. And there are worlds where they full of palatial buildings — that also you can experience. And there are worlds which are full of slums — that also you could experience. We are very particular that you must shine in Iham and do well because if you are very happy with the slum it's quite possible that you'll go to the slum world — it's full of slums. So we want you to live better here as well as there so you should not think I'm trying to force everyone into this one loca — Satyaloka — no not at all. So Satyaloka is very difficult to enter. The others are far far easier. So the freedom and choice is yours — you could go to whichever loca you want. I am wondering how to make you understand this. Anyway, I will try. You understand it's okay. You do not understand it's okay. When we are giving diksha, this kind of diksha which we are giving, we could only give physically and on a one-to-one basis. We cannot do it all people at the same time and online. That cannot be done for this kind of diksha. This could be done only as long as we are physically on the planet and we can do it only one-on-one. This diksha is being given to your energy body — not to your physical body but your energy body which is the most crucial body. Now all this evolution is actually biological in nature. There's nothing to do with your meditation or mind gimmicks nothing like that. So for example we are homo sapiens sapiens — before us was homo erectus — homo erectus came out of Africa — he was an unthinking person — he came out of Africa and later on became a thinking person — that's when we became homo sapiens sapiens. Now evolution is happening — evolution is happening — and we will soon become the next species. Now all the spiritual growth is an evolutionary process. Basically the organs involved are the ductless glands which we call the chakras and there are many more things — will not go because it will become too biological and you would not understand that. So it's about raising your kundalini levels and making your ductless glands evolve. You must evolve — biologically evolve. That's what we're talking about. So this diksha — we are passing on information to these organs. Information is being passed on to — your these organs are found also in the energetic body also the physical body. We are sending information — the diksha are touching you — are sending information to these organs in your energy body which then affects the physical organs in your body which would — once the chakras start moving in a particular way — things begin to happen to you — becoming an awakened being — enlightened being — all this happens very very fast. So we want to speed up the process for you — so that's why we are giving this — and we are very keen on building up that

army of 81,000 people who later on become gods. The ultimate goal is gods. Now to become this god you have to be filled here with a great compassionate light or Paramjyothi has to come and fill you completely filled. Now for those of whom we are given this diksha — probably in the month of June we would be starting an online process for them and there we would be invoking Paramjyothi to come inside you more and more and more and more till you're occupied by the Paramjyothi — once that is occupied — once you're occupied by the Paramjyothi — you would make very very rapid progress. We want to go for that fast progress. At the same time because you're focusing on your energy body, many of your problems which are stuck up here and there for various reasons — that 10 programs — you could be stuck up anywhere. We want to clear that fast — your Iham problems — and also make you go very fast on the Param path. So both of it — both of these two things would be taken care of and you would be having this picture — we deliberately giving you that picture — you keep that picture there in your house it would work for seven generations in your house taking care of the generations of both Iham and Param — that's the purpose in giving the picture and also to be silently downloading the Paramjyothi into you — that the purpose of the picture that we are giving you. So on the whole in short it will speed up your process of spiritual evolution which to us is a biological evolution.

Q5 What is the ultimate?

A The ultimate — the ultimate reality is zero. Just zero. The zero — how much you might try, you cannot know what it is, it is the unknown. And will you know about it tomorrow? No. Forever it will be unknowable. The unknown and unknowable. The ultimate is the zero. Who are you? As you go inside deeper and deeper, we'll do that once we get the Paramjyothi in. You will find that you are zero. So what is this zero called? Zero. If you want to call it anything, you would call it God. God is zero. You are zero. Therefore, you are God. There's no difference at all. Other than this zero, whatever is there is only an illusion. The only reality is zero, which is the unknown and the unknowable. All else is illusion and illusion only. All this will be made clear to you as you download the Paramjyothi into you. Very difficult for you to actually have a feel of it but it'll be given to you effortlessly once you have the Paramjyothi in.

Q6 How does Sri Bhagwan feel about himself?

A It depends upon the state of consciousness. As the day wears on, as the world changes, as the environment changes, these states keep changing. It's not the same state — keep changing. So the most common state is — suppose I'm talking to you — almost within minutes I would feel that I am you. After that I might sometimes feel deep inside you and very often though you might not speak and you might not even be aware I get in touch with

your suffering inside and that gives me a great pain though I would not exhibit it. So what you have forgotten or appears to have forgotten long ago it is available to me. So I will see what happened to you and then the pain starts inside but I had to function in the world. So would not express it but in private I might sometimes express it. So I look at a tree — becomes a tree and and some trees — trees are in deep pain — that pain also is felt. Suppose I look at a dog or a cat I become the dog or the cat — not physically become the dog or the cat but the experiences as though I am the dog the cat and experience but they are experienced and they're so very human. So so much human — birds are extremely wise and it's so sad when we see birds which are so wise and sometimes more wiser than you. You put them in a cage and lock them up and you even have the courage to eat them. Of course you want to pay for it. So it's a very different world. This world is a very beautiful world in many many ways. And for that of course you need the Paramjyothi inside to experience all that and then suddenly everything will move towards zero. Everything would vanish because everything is only an illusion and there is a zero. What do you talk about zero? You cannot talk anything — just zero. I become the zero. So all this you can understand once we prepare you for this. We want you to see all this. Because ultimately you must qualify to be a god. It's not a compulsion. It's not easy. You could you could choose to go into the boxers world or if you prefer sword fighting there are worlds for that — continuous sword fighting be going on. So if some such fellows there they get reborn on this planet be real hell.

Q7 Who are siddhas? Even though they have siddhis, why are they still in this loca?

A Siddhas are those who have coiled the kundalini around any particular chakra. When kundalini gets coiled around a particular chakra, you have some siddhis. If you want us to remove that siddhis, you can bring them here. We'll recoil it. We have done it for quite some people. We'll uncoil the kundalini from that chakra and the siddhi goes away. Siddhis can also be transferred to others. It can come to give us a gift or a guru can give it to shishya but it is not very helpful to become enlightened. It could even prove to be an obstacle to become enlightened because a kundalini is not free flowing but it is coiled around a chakra — a lower chakra or a middle chakra or a higher chakra. It has to coil around then only get this. And why they are still in the world is their basic goal is to help people. They are not keen on their own mukti or going to other worlds — nothing like that — they want to help people so they acquired these siddhis. And they stay put and stay very long

Q8 We wish to visit our other worlds and see all other gods. How is it possible? Kindly guide and bless us.

A Yes, that's what we are trying to do by filling you with the Paramjyothi. Once it is filled you just relax — sit down — and say I want to go to this particular world — off you go — it's very simple thereafter. I want to meet so and so person other loca — you can go and meet — it becomes child's play. But the difficult part is getting the Paramjyothi inside you. Once we get inside you it's also very easy. You see, it's much more fun than all that you do on this planet. This is nothing at all. We want to get there and we will get there. We have done this years ago. Then we didn't have the time for all this. We are only talking about what we have done earlier, but they are no more on the planet. They came to sufficiently old and they have aged. They're gone.

Q9 Why is there so much suffering and stress in humanity? What is the end result of this life's process?

A As I was speaking to you earlier, we are homo sapiens sapiens. We evolved from homo erectus. Now whether it was a design failure by accident or deliberately it was done we do not know but we are of defective design. Homo sapiens sapiens are of defective design because of which we have suffering. Because of the defective design, we have the sense of separate existence which is the cause of all our suffering and that is basically caused by the speed at which thought is being processed and the way the senses are coordinating. If they are a little slower then we will not have this feeling of separate existence then we would not have suffering at all. So now that is going to get corrected. So the new species comes it will be a corrected version and the new species will not have to work — whatever they need they would directly absorb from nature. They would not need transport because they would just be able to fly wherever they want to. And if they want to speak they don't need any telephone or something like that. They see — they could simply transfer thoughts. Already there are such kind of people living in the Himalayas as well as in the siddharmalai caves here — some of them do come to our programs — they come for some of our programs. So they fly also — they can vanish and can appear somewhere. We have videos of that — they can also fly. And they have all these powers already but the man who's going to come is going to be very different. He'll have all these powers. So all our industrial base infrastructure will be completely gone — not required — and there will be no need to work. There will be no sense of separateness because the body will be different. Now it is 1 is to 8 — that is the body is eight times the size of your head. It's going to be 1 is to 9. The body will be nine times size of the head and the person would look very very beautiful — far more beautiful and attractive than humans. So all that is going to happen — new world. This Kaliyuga will take you up to that point — sorry — this Satya yuga or Satyayuga is going to take us to that point — maybe thousand years maybe 1500 years from now on — but great joy will come out to the planet as we go away from Kali which began 7,000 years ago and right now Satyayuga started. And Kaliyuga is ending. Both are happening at the same time. And the finale is when millions and millions of people are taken away from the planet. That is the end of

Kaliyuga. And the Satya yuga would come into being — would come in very powerfully — and this evolves quite rapidly. Maybe 1,000 or 1500 years the new species — that of course they'll have to name — would emerge. That's how the world is going to go. So we have these problems because I would call it a design defect — either through accident or deliberately. If I go into that there's so much history to talk to you and many many more things in which you may be interested and you may not be aware of it. So much more to know. Maybe we could talk on it on some other occasion.

Q10 I am not there. Everything is happening automatically. I'm an illusion. How to transfer this state to people around me?

A Yes. If you have Paramjyothi inside you, you could transfer anything. Parmajyothi would just transfer it instantly. But you must have , Paramjyothi, without which you cannot do that.

Q11 How are the inner dialogue changes arising? How is the brain changing?

A See everything is changing. We have basically this 10 programs and they keep changing. As they keep changing the inner dialogue changes. As your inner dialogue changes, your life changes. Either you could go up the ladder or you could come down the snake — like this ladder and snake game. Anything could happen to you in your life. All this is controlled by the inner dialogue which is controlled by the 10 programs in which one program is controlled by the planets.

Q12 Having known Amma Bhagwan is there in us, what is the most effective method to make the Paramjyothi happier in addition to seva?

A Making Bhagwan happy or Paramjyothi happy is very simple. If you make somebody happy, they'll become happy. That's all.

Q13 Why is man so cool and arrogant in spite of all these warnings given about calamities and adversities we are going to face in the coming near future? Is mankind and universe all turning into uncompassionate trivial beast?

A Man is basically arrogant and it's all because of that sense of separation which I said is because of a design defect — either deliberately done by somebody or through some accident. See the so-called gods who are on the planet were doing all kinds of experiments. You can see this in temples in Indonesia, in India, in South America. You could see this in many places

where they're trying to mix humans with dogs, with cats, with lions, all kinds of things they were doing. They were simply playing along with this. Something could have gone wrong there. And it's a very funny world. The history that you know is totally different from what actually happened. Is very very different. If you know all that, you would not respect the gods. That's what happened. Anyway, we will not go into that. Of course, there are also good gods. They're simply playing with humans. We were more like some kind of slaves. So, continuous they are in rock. You can see for yourself the kind of experimentation that was going on. Imagine you being crossed with a snake. Imagine you being crossed with a cow. How would it be? All this experiments they were doing. We are the result of some experimentation. Not some divine god sitting there with some benevolent thought. No, not at all. And what has been there — only suffering and suffering and suffering — nothing else. A whole lot of rubbish and nonsense has to be thrown out. That would be thrown out once the great compassionate light which you see on death , fills you. All this will be ejected out. Out and out in the coming age is going to end, Kaliyuga is going to end. The new age there will be no religion whatsoever. There will be no religion at all. There will be no division at all. So there will not — it would be a boundaryless world. Boundaries in the form of nations and countries all that would go away. All the rich and the poor that would go away. Men and women division would go away. All divisions would go away as the design is slowly getting corrected. Every kind of division. Division means conflict. Conflict means misery. All this would be gone. It's an idiotic, stupid, mad world in which we live. It'll be wiped out and there will be no work. Either it is going to be through automation or it's going to be through a high level of consciousness. Ultimately, of course, a very high level of consciousness where you do not have to work. You would not need this industrial infrastructure. Nothing is required. Until then, maybe there will be some technological advance for a short time. Is going to change very very fast and quite dramatically. Ours is a miserable existence. But the great beauty is in all this somehow you are able to manage life. All of you must be given doctorates in the management of suffering. All of you hold an MBA in suffering. Maybe at the doctorate level. So how you able to manage it is a marvel but there's nothing but suffering here. It's a ridiculous world which you are living — cuz some crazy guys wanted to make an experiment and see — and then you were brought into existence and you multiplied like hell and then you fight in terms of those guys — the stupid chaps who are there.

Q14 I have come to realize that when I express anger towards others, it is often with the intention of hurting them rather than simply expressing my frustration or hurt. It is only after the fact that I recognize this and then I invoke the divine to help me navigate out of the argument or situation. However, I feel these are just the after effects. How can I process or experience anger and frustration without causing harm to anyone?

A The most important teaching in the dharma is seeing. Seeing. Seeing what is there without commenting or judging, just seeing. Now we also say to "see is the first step and the last step". That's the first step. That's the last step. And we also say to see is to be free. Now if you see you're doing this — which you seem to be seeing, very naturally a change would occur because you're seeing — to see is to be free. And when you find that you're not able to change automatically you surrender to grace. That's what we call surrender. To surrender is to see you're not able to do anything. Then you call out for grace and then the grace comes and then you're through. So you seem to be getting there.

Q15 What is the evolution from human to God? Has this happened in the past?

A Yes, I was speaking earlier how you go through the various stages of development and finally you become a light being or space being and you are there before Paramjyothi and then you enter the Paramjyothi and you come out — I will not go into all the details now — then you're a god — you are an immortal god actually — that is the journey we are taking you through that path if you so wish. Not that we are telling you this is the greatest — this is the best — this is the only path — and you must do it. No — you can either choose to be god or do you playing some girls there? You're not bothered about it because remember the universe is so vast, unimaginably vast and there's no central authority. There's only freedom — that's all. You could live the way you want to live. Many people are those who create their own worlds out there. Else how to find these kind of bungalows there. In other words, they they died and they went away and they built this kind of thing there. How they build, we'll talk later. So, you have nothing but freedom. You can live the way you want to live. You can live with a million wives or you can live with a million husbands if you want to. Just what you want. Your appetite is so great like Indra. You could do all those things. Indra by modern standards would be called a loafer. When he was powerful, we worshipped him. And then when he became weak, they kicked him out. Humans are also very clever. So you can be whatever you want. Not that you must become a god. We are offering you a path to become God. There many many paths to become God. You can choose any path you like. We are not saying this is the only thing. This is the only path for you to become God also. No, there many paths to become God. You can follow any of those. It's all your free will and you can follow worship to become God. You can become the devil also if you want to. If you're happy with being a devil, the worst of the devil in the world, you could become that also. It's your choice. You decide what you want. But you must know the god that we are talking about only is a small god. But you if you say must be the big God, yes, you become a zero.

Q16 How to create close bond with close relationships without expecting any love, care and support and without any expectations?

A For that you must learn the art of listening. People do not listen. Even as somebody starts talking you start commenting on it. Why you could have spoke on this? What could be the reason? Maybe because of this, maybe because of that. The commentary starts immediately. That commentary is what we call reaction. Now, if there's no commentary, we say it's a response. So, just listen. Suppose somebody's calling you a fool. Yes, I'm a fool. That's all there is to it. Why did he call me a fool? Have I enough power to bash him up? All this kind of stuff. Then you're not listening. And if you're not listening, you can never have a good relationship. People don't listen. Why do husbands and wives have problems? Because they do not listen to each other. The moment husband speaks, wife starts her commentary. The wife speaks, the man starts his commentary. Everybody's a commentator. Then how would you listen? And without listening, there can be no relationship. So you should seek the grace of Paramjyothi and become a good listener. And you'll see how wonderful life changes. It will be such a joy to live.

Closing	Teaching / Process for today
A	So anyway, he said it's the last question. So in today's process, we'll be slowly stepping up more power. So it'll be some of the things are as usual. You'll basically ask for health. What health? Not only the physical health, we are also talking of the health of your energy body which we must make healthy for rapid spiritual progress. So you do not know what it is but you simply say please grant me good health. We'll take care — I have spoken to you we'll take care of that. So we'll take care of the physical health as well as the health of the energy body which is very important. We'll do that. And the next most important thing you would ask is you would ask from the great compassionate light. What is your role in the dharma? What is your role? You would ask for it. The process you have to follow and you have to ask for it. Based on the answers, we'll progress further. Thank you so much for listening so very patiently. Very sorry for the delay by a week. We are happy to be back with you. Love you all so much and hope we'll grow very very fast now. Love you all. Love you.