

New Zealand & Australia 21st February 2010

1st Question

Dearest Bhagavan, you suggest having a very clear intent around what we want followed by effort and Grace, and to take this intent strongly for twenty one days. What are we to do when it feels as if there are many very urgent issues equally needing a clear intent, action and Grace right now. Do we still only take one intent at a time or a general intent overall, or is it better to go to the 'inner' and have an intent of awakening into Oneness, which would then take care of the 'outer.'

The most easy way to go about this is to have one intent at a time, that is when you will get the best results. You should not dilute it with other intents. Of course, in an emergency you could mix up. But the most ideal situation is one intent at a time - as soon as possible to deliver it. Not too many, but of course you have the freedom in case of a rare situation you can do it also, no problem. You all have the freedom to do any of these things but I will say the best is one intent at a time. That is the answer for the first question.

2nd Question

Dearest Bhagavan, you talk of a global raising of consciousness being required now. Can you speak a bit about, aside from giving blessings, how - what we do individually contributes to raising consciousness. Does being aware of every moment raise global consciousness?

For example; if one person experiences their suffering does that affect others ability or willingness to do so? If I have a realization does that affect others? If someone watches the mind, does that affect others? Does all this raise consciousness?

Yes, you have there a very comprehensive list. In fact each and every one of them helps raise consciousness. There is no doubt about it. For example, when one individual becomes awakened he could affect as many as a hundred thousand people. That is the power of an awakened being. He can influence a hundred thousand individuals. So each one of these things help at different levels and in varying degrees. But what we would like now - currently is to focus on domestic violence. By domestic violence I do not mean physical violence. A conflict between an individual and? of the family. Be it husband and wife, be it parents and children, members of the family, if we could reduce the conflict at that level and conflict at the individual level, we could dramatically reduce conflict at the world level. For example if in a country, we could reduce this inner conflict dramatically, you will find a dramatic reduction in terrorism and other forms of violence. But ultimately it is this conflict that is in the individual and in the family that becomes a global conflict. So we could fix this up very easily. As Blessing Givers we move into a state, where we are

free of individual conflict and conflict in the family, you will start getting very dramatic results. So this is the outer conflict which we want to focus on but everything else that you mention does in fact raise levels of human consciousness. That is why we are so confident that in the year 2012 we will be able to considerably raise levels of consciousness.

3rd Question

If we want to increase prosperity and abundance in our lives or have improved health for instance, do we ask for what we want and visualize with emotion, as already having it as much as possible or do we simply ask with intent and emotion and focus on the stillness

No, no. You have to focus on exactly what you want. Suppose you want a million dollars. You have to focus on a million dollars. You should not move to stillness here. You should visualize that money either in your hands or in the bank. The picture must be quite accurate. It must be something which is practical and realistic. Only then it will happen. So the picture has to be in 3 dimensions and in colour and the right kind of emotional field. So that is only appropriate. And you must see it happening right now. Not an hour later. Then the whole thing fades. It must be instantaneous as though it is happening right before your eyes. That is the key. Normally there are mental blocks which prevent this from happening. These are normally cleared in the Level 1 Level II courses. And there could be a problem with programming, which you could work on yourself. As I have been telling across the world, an hour before you go to bed you could relax yourself from head to feet using any technique. Thereafter you ask AmmaBhagavan to show you where you could be stuck in the program. The primary programming which is past lives, the secondary programming that is conception to when the self was born, or the tertiary programming, which is the time the self was born to yesterday. So we scan through the program and we show you what exactly is the problem and we will undo it, we set it right. So when the program is cleared the Blessings should work. Normally sometimes when the mental block leaves the problem, the moment it is dissolved, the problem will get solved. Suppose the problem is in the programming, once it leaves the program the problem is solved. In spite of this, it still is not working out, in case you do not have enough good karma. In that case you have to straight away ask AmmaBhagavan. please give us this. What we would do is from our account of good karma we will transfer it to you and then the thing regularizes. Because we are friends you must ask us. We will do it for you, but you must have intent and the picture very very clear. If you are not able to visualize you must have a very strong feeling, that will help. So you should not focus on stillness here a means of fulfilling worldly desires. So the two are entirely different. So we have finished the 3 questions.

So I will say a few things like you have to contemplate and meditate on the teachings I have given in the month of February. I hope you have already got it with you - that is some kind of homework. January I was focusing on inner

integrity and seeing and February I've been focusing on the teachings, which I have mentioned, and I'm thinking you must have it with you. So this whole month you will try to intellectually understand the teachings and then you will discuss it amongst yourselves and try to get some insights if possible. And then we go onto March, April and so on until the end of this year.. All these teachings will form a kind of necklace and then we will be uploading a lot of teachings on our website. Just go onto our website and look at the first teachings and again contemplate and meditate on them.

And then when you are ready in 2011 January we begin the programming..That could last until June and in July we move into the process where if all things go well we should become awakened.. So the example I keep giving all over the world to help you understand this, imagine a television set that is your consciousness. Imagine a DVD player connected to a television set that is your mind, and the DVD player itself is connected to the source of power and the power flows, and the power is the deeksha Now everything is in place the deeksha is there, your consciousness is there, your mind is there, what is missing is the DVD. And the DVD is the teaching. So the next 11 months, January is over, now we are in February, the next 10 months we will be preparing the DVD that is a set of teachings. Here we need your cooperation, you have to think, you have to discuss, debate or understand as groups. And then the DVD will be in place. Once it is in place we switch on the power that is the Deeksha. When that happens the Kundalini will be awakened and the chakras will be activated, which are basically ductless glands which are secreting and then begins the neurobiological shift.. When that happens the teachings become a reality. Now, for example we are teaching your thoughts are not your thoughts, you could intellectually understand it, but still you see them as your thoughts, But once the awakening happens and the brain undergoes the changes you will actually see your thoughts they will just be passing before you. You will become completely detached from your thoughts, you will be seeing them., Then, for example your speech, you will see automatically happening. Your actions you will see them automatic. Everything will be perfect. Beautifully functioning but you will not be involved. You are only a witness watching all these things. That is when you discover unconditional love and limitless joy and all things are fine. The mess comes with the fact that you identify yourself with what is going on. Now this is only a teaching but this will become your reality once you become awakened by which we would activate the kundalini and the chakras and for which we must load the teachings.

That is what we are currently doing, so I would like you to work with your heart here. And you must have a passion to make it. You must look into your own lives. See the mediocrity of your lives, day in day out, the same thing been repeated and nausea-um. Again and again the same mechanical purposeless meaningless of life just having entertainment and trying to manage your suffering. But that is not living that is only existing. So you want to come out of it. So you must realize the miserable situation which you are in, which we call spiritual discontent. That has to build up in the next 10 months.

It is only then we will be able to activate the kundalini. . So I am sure that you will be doing your part and of course our job is giving the power supply and wake the kundalini. For which we are ready we are only waiting for you to get ready. But it does not mean that you will get awakened only after a year or year and a half or two. It will happen. That is the timetable and I think the forthcoming months we will be going for longer mediations. So now we shall move into our 3 minute meditation.

Love you all.

Thank you Bhagavan.