

**Bhagavan Skype call
23rd February 2010
Forest Row, UK**

http://www.youtube.com/watch?v=HbF_W1VVK-g

Bhagavan: Namaste! Are you there Mike?

Q: yes I'm here!

B: It's so nice to see you.

Q: Thank you!

B: Go ahead with the questions

Q: What will the effect be on our physical bodies as we go through this process over the next two years?

B: The past experience of people who are in higher states of consciousness we would say the body feels light, it feel very energetic, you have a sense of well being and highly sensitive to sounds, smell, touch and senses acquire a sense of acuity - they become very sharp. It's very pleasant to be in this body and move around.

It becomes a delightful experience. You actually feel like a feather. That's what should be happening if all things go well. It's a beautiful experience.

Q: Some of us are experiencing a lot of fear about the transformations that may be ahead and about what is going on in the world now. How can we face these fears?

B: Fear is a word. What ever is happening there you are naming it and calling it fear and all the problems start. You are running away from what you call fear or whatever is there is what you call fear. The actual fear is something else. What you call fear is the act of running away from it. If you were to turn around and face the fear and soak in the fear and see what happens. I do not what to say what will happen as you will turn that into a concept. Please do this. Turn around, allow it to eat you up. Do this and tell me what happens. I'm not going to tell you.

The act of running away is what you call fear. You have never actually faced fear. Running away is what you call fear.

Turn around and face the tiger - let the tiger maul you, eat you up!

Q: ... laughter.. If you don't hear from us again you'll know what happened. We were eaten up by the tiger.

B: It's just a concept again.

Q: Thank you

Q: If thoughts are automatic as you were telling us in the teaching for February, where does choice and free will fit into that?

B: Absolutely there is no choice or free will. Once you get out of the mind you'll see how automatic all things go. It's amazing. It can take decisions, it does everything, but you are out of it.

Choice and free will are only illusions. When you are in them it looks as though there is even though there is no choice or free will. At least you have these illusions, you have this impression that you have choice and freedom but it's not so.

Why do people commit suicide if they have a choice, they have a free will? What happens is they are suffering from such pain, and what happened in the womb gets triggered.

Let us say you are floating around and enjoying yourself. The mind throws up an illusion when you look at water there is joy there - there is a pond or a lake or anything and you want to jump into it because it is connecting with what happened in the womb. Then you jump in because you want to commit suicide. Only after you jump in the illusion stops and you want to get out. The guy who wanted to commit suicide so after jumping in is screaming.

So also fire and light. Say you had a beautiful birth experience and you saw the light at the end of the tunnel coming out. Then when you are in terrible trouble those scenes will be played out for you. When you see fire you mistake it for light. Thinking is all joy and bliss. So where is your control. You do not even know it is fire, you do not even know it is going to destroy you. You are taken over. That is you assume the guy knows his own mind. Not at all. He is pulled magnetically towards it.

Very often you'll see people just before committing suicide ???ing, or sometimes very happy. That's when you get fooled, you let your guard down then guy commits suicide. So where is the control there?

People talk of expressing them self. How many people keep expressing them self in a positive way? Most of it is destructive. You know you have got to study for your exam, you do not study, go round like a vagabond; you know if you speak those words your marriage will break, still you speak it. You know you can't behave that way in the office, you behave that way and get chucked out. Where is the freedom in that? So the self is behaving in a destructive way because you have no freedom, you have no choice but feel as though you took the decision, from your own choice you spoke those words and got chucked out.

That is a big illusion you suffer from. But once you become awakened, step out of the mind, it's functioning there. It can do anything - it can do mathematics, it can do physics, it can take decisions - all on its own. You would not be there because you are just not there. You never were there, would will never be. The whole thing is an illusion. Once you come out, it's all over. Then you can start living.

The final transition very often happens in three minutes. You could have been waiting for years then in three minutes you just move over to the other side.

So very soon it will soon start happening for a lot of people. By the day it is increasing. I hope it will soon happen to you.

Q: The question is about the Chakras. Is there advice you can you give us to balance the Chakras - what daily practice and are there special foods that will help?

B: There are certain techniques for that but in Oneness we do not use those techniques. Instead we give some teachings which if you contemplate on they automatically do the Chakras. We do not have time to go into the details, another time we will review those teachings. We have teachings for the seven Chakras and if they are applied in daily life they automatically do this.

The food that you are asking. I don't know about Western food, but in India our wisdom is to go to an Ayur Vedic doctor to work out what Vatta, Pitta Kapha. As humans we are born with a certain ratio which cannot be altered in life. It is only when you are awakened it is altered, otherwise no.

Find out what exactly is your constitution according to Ayur Vedic principles and then take those necessary kind of foods. It can only be based on the individual, it cannot be a general prescription, what is your constitution - how much Vatta, Pitta Kapha you are born with. That has to be a good doctor. Then according to that whatever foods you must take it and the Chakras will be balanced. So I recommend you consult an Ayur Vedic doctor. There could be other ways, but I have no idea of them, I can only speak about Ayur Veda.