

# Compilation of Rama/Atmananda Experiences

---



---

## Introduction:

I am happy to share with you a compilation of journal entries of our study with Rama/Atmananda. These notes were originally captured after seminar meetings and other events by Ben Lerner, an ST1.

Ben passed away in 2013. During the last weeks of his life, Ben told me I would find several boxes filled with his hand-written, single-spaced yellow legal pad journals. Ben told me I could read them, publish them, or just throw them away; it would be up to me.

For the past few years, I mostly ignored the writing, as I thought it would be far too personal. However, recently, I started to go through the notes and created a system for skimming over the personal information and extracting the Rama-related notes.

I hope you enjoy reading this compilation! Thanks to Ben for keeping such detailed notes, and eternal gratitude to Rama, our teacher, for his wisdom and love.

I am sharing one personal entry from Ben's journal, to give you an idea of how much Ben loved Rama/God with all his heart.

*Dear God, I love you! Thank you for all that you are; for being the color that makes up the flowers, the sound that is music, the sensation that is ice cream, the wonderfulness that is softness, the ecstasy of stillness and silence, the joy of love, the beauty of the ocean, the awesomeness that is Rama, Sri Ramakrishna, Krishna. There is so much that you are – everything – when we stop to remember, and even when we don't. All that is everything – in both its essence and substance – is nothing but that infinite consciousness that is you.*

---

### **Important Items of Note:**

- These journal entries are extracted directly from Ben Lerner's journal, and therefore, only as accurate as Ben documented. Whenever there are entries containing quotations (" "), this was Ben's recollection of what Rama directly conveyed to his students (and/or seminar participants).
- Rama announced his name had changed from Atmananda to Rama during a December 1, 1982 L.A. Center meeting. According to Ben's journal, he refers to Rama starting on November 1, 1982. I kept the journal entries as-is, since Rama may have shared his name update at various times to various groups.
- The dates in this document were extracted directly from Ben's journal. Locations were added where known. Otherwise, you will see noted in the journal entry heading, "(location unknown)".
- The works of Rama – Dr. Frederick Lenz are held by the Frederick P. Lenz Foundation for American Buddhism© 1982-2018.

---

# Rama/Atmananda Experiences – 1982



---

## May 19, 1982 – L.A. Center Meeting

Around 9 pm, Atmananda arrived. He talked about what had happened to him over the break. Atmananda had spent some time meditating in Hawaii. The main thing that happened was: for the past 12 years, he had felt that the most important part of the story was selfless giving. He now feels that what's most important is being absorbed in light. Atmananda stated that as a teacher, he would spend all his time working on students' problems, but people would just keep falling back into them.

He realized that people needed to put their meditations first.

Atmananda still feels that selfless giving is essential. He recommended that we meditate morning, noontime and evening, and increase it to one hour each. Also, we should put our focus on being absorbed in light as much as possible. When not meditating, Atmananda suggested that we give as much as possible to others.

Later someone asked how we should focus during the day. He answered that since, at this point, we don't have enough power to be quiet all day. We should constantly focus on thoughts of higher things. Something we read, a conversation, some feeling from a meditation or meeting, carrying around a book by an enlightened teacher and looking at it throughout the day.

Someone asked about sex. Atmananda said it can be used as yoga, if you are pure enough. Otherwise, watch out for emotional gunk – women beware. It's good to ask yourself how you feel after sex.

Atmananda said there would be a book put out on "etiquette" to answer such general questions, and it would contain a book list.

---

## **June 2, 1982 – Birthday Card**

I just got a birthday card from Atmananda! Before I opened it, it felt very warm. My whole body was tingling. When I was looking at it, I felt very warm, buzzing, happy, peaceful and grateful. The card is gorgeous when I look at it and I can see and feel the light vibrating from it. At one point, I could see everything around it vibrating with light. Thank you, Atmananda, very, very much! For everything!

---

**June 2, 1982 – L.A. Center Meeting** (*Rama's talk can be heard in its entirety on Rama – Live in L.A. ("Consciousness, Expansion and Desire")*)

Atmananda arrived and sat down and started talking. He explained to the new students the procedure in general. That first he would be late, and then we'd talk and then meditate, take a break and then who knows?

Atmananda then started talking about the five kinds of spiritual seekers. He said that he knew there were five kinds of seekers, because he was talking to a friend earlier about it, and how else do you know the truth? A friend wouldn't tell you anything but the truth, would he? He then went on about the five types: Level 1 was the person who is walking around totally in love with Eternity and inspired, and totally into doing things for others. Nothing else matters. They are always shining. This is someone who is "always on". They are very rare. Level 2 are the people who touch the Level 1 phase once in a while (even for a few minutes, an hour, a day, maybe once a month or year). This is the fluid group.

---

## July 14, 1982 – L.A. Center Meeting

After the break, Atmananda started to talk again. He talked about an experience that had happened with the staff. He said that they had gone for a walk and at one point stopped talking. Atmananda had asked them why they were there, if anyone was there to find God or what? He said no one answered for a few minutes. Then finally one of the women answered that she was there because she loves him so much. Atmananda talked about the fact that her statement was totally honest and it comes from a very deep place. He said that it caused everyone there to walk through the doorway which she had opened.

Atmananda then talked about love. He said that if we could only face up to our love, be honest ... that it would help us a lot. That love is why we do it all.

As Atmananda talked, he made a passing remark which was, that when we are there, there is no one else but you and him.

He then talked about us. He said that on this particular evening, we were a group on the edge of a breakthrough. That the whole group was really on and we could make a big leap. He asked for peoples' comments. He was looking for someone to cut through it and say what was going on from a deep level, like the lady on the staff did. People made various comments about love, but no one was going deep enough. After a few minutes, one person came close. She said that she felt that she wouldn't really see Atmananda (who he really is) until she died. Her honesty and depth were very real.

Atmananda then said that he'd just do it (open the door) himself. At that time, he was standing in front of his bench. He said a few things and then started walking around. He walked to the back right against the wall. Then he disappeared. To me, I

---

thought that he had walked behind something. After a few minutes, he re-appeared. Atmananda asked for observations. People who were sitting closer said that at first when he was standing, he grew very large in size (~10 feet). Then he walked back to the wall and walked into it and disappeared. He then re-appeared as energy and then back into his body. He then walked back to the left and went behind the partition. At that point, it looked like there was a glow shining through the partition. As it glowed, the rest of the room seemed to disappear. Atmananda then stuck his head out in some funny manner and then he walked back up and sat down again.

Atmananda asked for comments again. People said that they had seen the whole area as light or various lights. When he sat down, he clapped his hands loudly, which helped bring us back and change our states of mind.

Atmananda said that he was trying to show us that this world is not so solid, that we can easily accept that in the desert, but that it's true anywhere. There is really no difference between the desert and the meditation hall. That Eternity is everywhere. Atmananda said that we had all done very well and it was a good night. He then said good night.

---

## October 15, 1982 – S.F. Airport

Atmananda and two students stayed around the S.F. airport. The rest of the staff left in a van.

On the flight home, some students and I walked up to the counter and Atmananda was getting seated; he was right in front of us! The staff was sitting along a wall to the right. Atmananda was looking at them and joking around, blasting them with energy. His joking was verbal and a lot of fun. I was surprised how verbal and fun he and everyone was being in public.

Atmananda said that he saw a few people who had really nice vibrations. Someone said he saw one guy about 40 – 50 years old who really had the Tibetan vibe walking to the plane. Atmananda became very animated. He was playing with a student; he faked a karate kick that looked very believable. He did it with fun, but also with a lot of grace, balance and quickness.

Going down the ramp, Atmananda did a 360 at the left bend. Atmananda sat in the front row and we were about rows 6 – 10. Some of the students with Atmananda were totally hilarious. It was great to watch, the way they lightened up the stewardesses. One stewardess asked what we were doing. One of the students answered, “We went up for a fishing trip but it was dark so we came home.” They do it without trying and with a lot of ease; it just flows.

In the airport, the women had a lot of food which was being passed around. Orange bar things, mints, buffalo chips, soft drinks, chocolate chip cookies, macadamia nuts. It was fun and wonderful. Atmananda said to a student, “Have some macadamia nuts. It’ll remind you of Hawaii.”

---

## October 20, 1982 – L.A. Center Meeting

Just before the break, Atmananda said, “Thursday and Monday are about to happen. The publics will be the first of many revolutions, and that his destiny was about to happen. Atmananda will follow his path and we’ll follow ours; and that no matter what, we need to remember that it’s okay. (Atmananda later put this in terms of a Tibetan pep talk.)

Someone said that she could see the patterns right through Atmananda and asked why. Atmananda answered because we were talking about what is important. We were talking about Eternity and that people in this world forget God, light; that the ‘1985 Dark Age’ will be a time when, in general, light and Eternity will be forgotten.

There was more white light around Atmananda than I had ever seen before.

---

## November 1, 1982 – L.A. Center Meeting

Rama started off by joking about what the evening was going to be like. He said that there were going to be Russian dancers, after he finished. Then, someone would sing *America the Beautiful*. Next, Kali would come down and sign autographs and maybe the Astral sisters would drop in – that they are hard to get ahold of, but we've gotten them before, through the inner (astral) network!

Rama then said that we'd do a series of meditations and have Q&A. He said that he was really going to try to dissolve all of us. He said we should just be receptive and as attentive (aware) as possible. That if we're falling asleep, we should go outside and rough ourselves around some. That if it gets too intense, we shouldn't just run out screaming – “[because] it's not polite”. It'll bother the people around us, and that we should just quietly get up and go outside. He said we'd have some live music and he introduced Steve.

We then meditated for about 30 – 45 minutes. Steve started playing; a few simple patterns at first, then some more complex music was added. Every few minutes, the whole mood – sound – world changed. Rama was either light or absent most of the time. The glow was 10 – 15 feet across. At times it was whitish, at times blue.

---

## November 11, 1982 – S.F. Center Meeting

Rama walked in wearing a blue oriental jacket that was beautiful. He talked a lot about the process of selfless giving. He said that we think about ourselves so much and we need to stop paying too much attention to ourselves and give more to others. Rama said that one of the best things we can do in life is to laugh, as long as it's not laughing at anyone's misfortunes or at the expense of women. Rama said that people can be very "spiritual" (pious). Rama said that love is very important, loving everything, and that we have many selves. He said the key to love is acceptance of all of these selves, and not having expectations.

Someone asked Rama how they could lead a more spiritual life. Rama said, by not trying. Everything is spiritual. Everything is God. Just be yourself.

Rama talked about dreaming. He said that all of this is a dream and we dreamed him into our dream. We also dreamed all these other people into it too.

Rama was talking about truth and illusion. That nothing is illusion – everything is forms of truth, but that truth is just an illusion.

---

## November 15, 1982 – L.A. Center Meeting

Rama asked for questions. A man stood up and started asking: if one group (tribe) believes in abortions and another doesn't and they were going to fight over it, what would Rama do? And if he didn't speak there would be war or if he agreed with either side (or didn't agree) there would be war. Rama was saying that it was like a Graduate record exam question, one of the harder ones.

Rama said that he doesn't like being given his alternatives. There could be all kinds of choices and so a person who gives the alternatives probably doesn't know all of the alternatives himself. That there is no answer because everything is determined by Eternity and that it doesn't matter because there is no choice.

Rama said that for himself, he thinks that abortions are okay; that he believes in the freedom of choice. That a person shouldn't be forced or be restricted to any particular way. He said that it doesn't matter because everything is the dharma and if it should happen, it will and if it shouldn't, it won't. He added that the soul usually doesn't enter the body until just before birth and that even if the abortion happens after the soul has entered, it is that soul's will to move on. There is no death! It might have simply been that person's dharma to go elsewhere.

Rama last addressed the point that the man was trying to set him up by saying that both people were fully enlightened and disagreed. Rama said that people make such claims which aren't necessarily true. Just because you read something or hear it, don't just believe it. Rama said you have to believe yourself before you believe others.

---

## November 17, 1982 – L.A. Center Meeting

Rama was talking about the new students and said that it had come to his attention that a lot of us don't have the tapes. He said that the tapes contain the basics of the study and are required material. He said that books are also important: *The Ramayana*, *How to Know God*, *Dhammapada*, *The Way of Life*, *The Bhagavad-Gita*, *The Crest Jewel of Discrimination*, *Castaneda books*, *The Gospel of Sri Ramakrishna* ... Rama said we should read them, and that we need to come up a step before the new students arrive. He said he was going to wait until next week, but this and next week only – all tapes will be \$4.95 and the meditation book will be \$2.50.

Rama started talking about Monday night. It was the first night to apply in L.A. He was saying that when all the applicants (~140 in L.A. and ~140 in S.F. too) were sitting there, that was a high point for him. Rama said that those moments were what it is all about. That we only see a small part of the process; the other 95% we don't see.

Rama continued talking about the joy of the moment with the new students. He thanked us for all of our help with the publics, whether it was working or money or good thoughts/caring ... that the publics worked out well and that was what it was all about. Rama said that the process involves a lot of work, and that those moments – epiphanies – are what keep us going.

He told us about a similar moment, back in N.Y. Rama worked in the prison teaching men to read and write. There were many illiterate people. Rama remembered working with Mr. Sanchez who was 63 years old. Rama said when Mr. Sanchez finally read his very first sentence there was a lot of joy and happiness. That moment was as

---

high for Rama as any other. It doesn't really matter on what level it happens, but the comparison – giving, love, joy – are what it is all about.

Rama reminded us that we would all have to re-apply at the beginning of the year; if we were happy and having fun, we would be accepted. Rama gives people a year or two to show some improvement. If they stay negative and bring other people down, he won't accept them. Rama said Lakshmi was a place for happy people or at least people who are getting there.

Rama told us that *The Wheel of Dharma* was out. There were two covers (they couldn't decide which). Rama said that he liked them both. After the break (when *The Wheel of Dharma* was sold), Rama asked how many people bought the blue one, the red one, or both. About 20 people said both, and there were a few more blue purchases than red ones.

---

## November 24, 1982 – L.A. Center Meeting

Rama stated that a lot has happened over the past couple of years. On January 1, 1981, Anahata was started. Then on January 1, 1982, it was renamed Lakshmi and even though a lot of changes occurred, it can still be looked at as one episode. In S.F., there are now 175 people and it will go up to about 400. In L.A., it will go from about 250 to 500. Rama said that 900 is a good number for a group; it's big enough to not get static.

Rama said that the changes coming up will totally change what we have been used to up to that point. The new people are generally older and more stable in the world and almost all of them have been with other groups before. We'll have four meetings before January 1<sup>st</sup>, then the Gong Show and desert trip, then the break. Rama added that he is curious to see how the new group will affect us and that it won't be evident for a couple of months.

Rama asked us to be friendly to the new students and to go up and say hi, to introduce ourselves. The new people aren't sure what is going on and that it can help them. Rama said it's no fun to come to a new group and not know anyone. Also, the best way to stay inspired is to be with new people. They have a lot of excitement and that being around them can keep that spark of newness going within us.

Rama said that it will never be like this again. Lately, Rama has been pulling back and now staff is just four people. It's not because there are more people; it would be the same if there were 50 or so people. It's because people were just riding the light. When they were around Rama, the strength of the light around him would raise them; but when they were away, they would really fall. Rama said we weren't really going for

---

it, just sort of hanging out. He said that the only reason he wasn't closer to us was because we don't really want it. Rama said if we really wanted more physical contact, he would be there. We may want it consciously, but other parts of us do not. Being near Rama would cause us to change 1,000 times more quickly than now. Rama said he goes by the maturity of our beings: if 40% of us wants it, then 60% of us does not.

Rama started talking about doing our best. We could be doing our best in a group sense, but it's still not our individual best. We have to learn to do our best at this level before we can go to the next level. From one side, we can try something and fail 1,000 times and it's good that we put the effort in the next time. Any effort is beneficial. Rama has been very happy with our progress and looks forward to Wednesdays.

Rama talked about the upcoming changes. He now accepts new students on a very open basis, but this will be the last time; next time, it'll be personal video interviews (by staff). We'll go through those too. They will set up some little room and we'll make appointments.

Someone asked about the security guards at the Sheraton hotel. One of the guys on Monday seemed nicer than the other. Rama said there was one person they really like, but he wasn't there last week. He said that, in the future, we'll have security guards for the center meetings, so that the students will be able to sit inside during the meetings. The guy asked if Rama does something special for the security guards. Rama said no, but when he passes them, says hello, etc. Rama said, "Anyone in that much light week after week, even if they don't intend it or just sleep, well ... let's just say it's there".

---

Rama said that some of the people who work at the Sheraton were sorry to see us leave, that they could feel us a bit. He also added that the Ebell Theatre was a lot easier for security; he wouldn't have to walk around the crowd, he could just walk onstage, and also disappear very easily.

One person said he could feel a lot of danger on Monday. Rama said that he had also picked it up and that's why they changed their whole routine. Rama took a different car and a different route and went through a different entrance.

Rama said that Saturday the 4<sup>th</sup>, there was going to be a Karma Yogi party at the Neptunian Club for people who worked at the publics and people who put up posters.

Rama said that he had been talking for the last two hours straight, and it was time to take a break. After that, we were going to do a very special meditation.

After the break, Rama talked for a few minutes until everyone was finished settling back in their seats. He asked us if we knew what was going on. A couple of people answered, but only got parts of it correct. Rama asked if anyone remembered what he had said to us at the beginning of the year. Rama then replied on his own, "Gee Rama, I can't remember!" Rama continued saying that 1982 was a year of growth. Up until now, Rama's focus for the past 11 or 12 years had been on finding people for the study. Most of Rama's attention was on the publics. In 1983, for the first time, Rama would be putting most of his attention on his students and also some on the books.

Rama said that at the beginning of the year, he had said that 1982 was going to be a growth year and a good year for changes – and especially near the end of the year – December, in particular. 1983 would be a mystical year – a good year for being inaccessible and for working on us. Rama said that if we stay around, we will change.

---

## November 27, 1982 – L.A. Center Meeting

Rama came in and sat down, looked through his tape box and picked up a couple of tapes for the evening. We meditated for a few minutes to *Chariots of Fire*. He asked if the San Diego bus had arrived yet and someone answered no. Rama responded that they were stuck in traffic on the freeway. Rama asked people for any questions that were not too serious.

Someone asked about medicine and the old cycle. Rama started saying that back then, it was a lot different than today. They used sound and light to help heal people. Rama said they also used various drugs. He stated that the doctors of the time were some of the most spiritual people in the community and that they worked on healing the whole person. He stated that today, doctors are just technicians who work on the physical. Rama added that back then, they did a lot of work with lasers. They could do an operation and the patient could sit up and walk away. Rama said that the earth had changed in its vibration and that sound wasn't as effective anymore. He stated that now with all the vibrations around we could use sound to help someone, but when they walk outside, they would lose the effect.

Some other people continued along the same question and Rama made the following comments. He said that the earth used to be much more tropical all around and that now it was a lot drier. The person who asked responded that it's been found in fossils. Rama also said that the earth is a lot older than they think; they will find some new thing and think it's five or 10 billion years older, but it is really much older than they know.

---

In response to another question, Rama talked about what happens to doctors. He said that doctors are first, in the number of addicts, in any profession; they are being asked by the patient to help them; in doing so, they pick up some of the patients' energy. Doing that for a while, this can cause confusion in the doctor's being and in his consciousness. It won't necessarily make the doctor mean, but it can cause him personal problems. He also stated that the cure of the patient has a lot to do with the doctor's personal power. Drugs have some effect, but the doctor's power is important. Two people can have the same operation and one will live and the other will die. The reason the one lived is because the doctor's power pulled him through. Rama said that when his father had a double bypass operation, his father was the fastest healing patient that the doctors had ever seen. They were one of the best medical teams in the country.

The San Diego people came in at this point. Rama had some new things to talk to us about. He said, "This is the last center meeting on earth." He stated talking about what has been going on and that things will change a lot. Rama said that tonight is the end of the first Book, or sometime over the weekend. To Rama on July 31, 1979 when he flew into the San Diego airport and was driving on the freeway at sunset, that was the start of Book One of the California segment. There was also a N.Y. segment. He had been in San Diego a couple of weeks earlier, but it was July 31<sup>st</sup> when it started, driving by Mission Bay.

---

## December 1, 1982 – L.A. Center Meeting

Rama started the evening with a lot of joking. People were quiet at first, but started to laugh after a little while. After about 15 minutes, Rama said he had some stuff to tell us. He said, “Hi, I’ve changed my name to Rama.” He said he had been given the name ‘Atmananda’ by his old teacher and it was fine, but it didn’t fit anymore. Rama said, “Rama is a name I’ve used in my past life”. He said that there is a tape, “Welcome to Lakshmi”, which covers the basics, and that it’s being re-labeled. Rama was going to go over it tonight and tape it and send it up to S.F.

Rama said that people who have heard it before can use it to go into a high meditation, just become absorbed in light. We meditated for a few minutes and then Rama started talking. His voice and energy had completely changed.

Rama said that from the public, they did a little survey of applicants and the Self Discoveries were the #1 draw; after that came friends, advertisements and posters. Rama asked, “Don’t you think it feels like we should start the center meeting now?” We agreed and it felt really nice.

At one point, Rama talked to us about diet and exercise. He said it’s good to exercise. With all of this energy, running can help clear out the ‘off’ energy. He said with a lot of force, “You will all become vegetarians, starting tomorrow!”

After the meeting, Rama said goodnight and thanked us for coming. Rama said that he would see us on Saturday night at the Neptunian Club at 8 pm. We were going to have an Italian dinner. It would be “bring your own dish”. He said that with Italian, it’s all in the sauce ... that you could use Ragu and then start changing it. He asked that people who wanted to bring juice should raise their hands. They should bring filtered

---

apple cider. There were plenty of volunteers. Rama noted that we should stay limited to Italian food, and that too many different types of food don't necessarily go together in the stomach.

Rama asked everyone who was going to the party to raise their hands. He started to count. After a few minutes, he stopped. Rama said that we were all meditating on him and he went into Samadhi and he lost count! It was very funny. After a minute, Rama said it was ~120 people, maybe ~30 from S.F.

Rama then said, "Well, what did you think?" He said that the night was pretty out there and was becoming hopeless, until the last meditation. That people were wondering, "Who is this guy?!" However, the last meditation was very powerful and a lot of people liked that 'seriousness'. Rama said, "Isn't it great? You'll all be vegetarians tomorrow!"

---

## December 8, 1982 – L.A. Center Meeting

Rama sat down and the lights were dimmed. He first said, “Things (the world) are pretty bad now, but it could always be worse. That’s going to be our theme for tonight. No! I’m just kidding!” Rama said that the Christmas season can cause people to really get down. When people feel pressured to buy gifts, but don’t have the money, it really gets to them. It’s strange to think that all of this is because an enlightened teacher was around 2,000 years ago. Rama said, “Could you imagine 2,000 years from now, if they did this on Rama’s birthday?!”

Rama jokingly pointed out that the Christmas tree (with white cut-out birds on it) behind him was really a Krishna tree.

Rama mentioned that it was a good idea to learn about computers, even if we are not going to make a career out of it. Rama said that kids are learning computers and it would be a problem for us, if we don’t know how to use them.

Rama started talking about the upcoming year. He mentioned that the directions to the desert would be given out next week. He also said that the Gong Show routines would have to be decided next week. Rama said, “No new students would be allowed.” He mentioned again that 1983 was going to be more of an Indian and Mystical year.

Rama told us we’d all have to re-apply for the New Year, even the new students. He said that we’d be getting applications in the mail, along with the address form. Rama said that we should fill out the change of address forms if we’ve moved recently because they were going to be sent out tomorrow. Some people have moved a lot of times and have not told the staff; they won’t know where to send the applications and

---

forms if they don't have the right address. Rama was very thorough about this and treated it as a serious topic.

Rama talked about the applications being important to keep things new. Rama said he is always open to people leaving. He said that we should spend some time thinking about what's happening and ask ourselves honestly if this is what we want to be doing. Rama recommended that we take a walk on the beach or someplace in nature and ask ourselves if we want to do this for another year. We need to decide if we're going to go for it in 1983 and change or just sit around and stay the same.

Rama mentioned that by the end of the evening, people usually forget what was said in the first half.

We meditated and Rama started to do a number of hand movements. During one of the first sets, Rama was using both hands, and sort of doing wavy motions up and down and around in front of him. It struck me deeply that the movements of Rama's hands were of a flowing silence, through silence, and it felt wonderful.

A few minutes later, Rama had both arms outstretched to his sides and brought them sweeping upwards to meet at the top. When he did that, it felt like he had just taken everything and thrown it up and away, leaving a gap where things used to be. Within what seemed to be a second, the gap filled up with lots of white light.

We finished meditating and Rama asked us what we had been experiencing. People first answered by saying their feelings, and then Rama asked for more specific experiences. One person said that the room turned upside down. Someone else said that it turned on its side. Rama said, "Right". Another person said that when Rama

---

brought his hands up, it was like he was reaching up to God and bringing down light. Rama said that he was.

Someone said something about the right vs. left sides. Rama responded that there really is no right or left. A minute later, Rama held up his left arm outstretched towards us, then his right hand and asked, “Any difference?”

At some point, Rama said that this was a night of mysticism – it’s similar to the desert – he doesn’t do this too often in regular meetings.

We meditated for a little while longer and Rama did some more mudras, which included bringing his hands all the way up. He again asked for observations.

Rama was trying to get us out of time. He told us the story of *Guru George*. He said that *Guru George* didn’t believe there was a past or future. Someone would ask *Guru George* about something from five minutes earlier and he wouldn’t know that it had happened. *Guru George* really believed there was only the now. Rama’s telling of this story was hilarious and wonderful.

Before we took a break, which Rama said would be for about 20 minutes, he asked that the people who were new tonight to raise their hands. Rama asked them to come up after the meeting and sit in the front, so he could say hi to them. He said there was a tape that was being redone which explained some of what’s going on. He also asked that the people who had signed up for Hawaii, whether they were going to go or not, should also stay after (near the front, but not the front row).

After the break, we took our seats. Rama was already seated. He said that we were really heavy. That we were okay people, but tonight we were heavy, and that we shouldn’t take it out on him. Rama said our teacher is always supposed to tell his

---

students the truth. If he can't, who can? Rama said that we were like stirring a bowl of oatmeal; you can go round and round and keep getting back to the same place. He said that he understands it's Christmas and everything, but we could at least smile.

Rama started to try to talk us into smiling and it was wonderful. He said that a smile can really do a lot, even the intellectuals who think they were too advanced to smile, should smile. Rama said he was going to do his Farrah Fawcett imitation. After some more talks about having fun, he did it twice. The feeling in the room really lightened up and a lot of people were laughing. Rama was being very silly and inspiring.

After saying good night, people started to leave. Rama was talking to the new students. At one point, in a louder voice, Rama said to them that they shouldn't look at the older students as an example of anything, except that they represented endurance.

Rama then started to talk about the Hawaii trip and release forms were passed out. He said that our money was due the next week, and that anyone who signed up should come, even if they don't have the full amount. He asked someone what the balance was and the response was \$675. Rama added that we should bring our 50% or 75% or 90% or however much, and that something might work out.

---

## **December 10, 1982 – L.A. Movie Night, *Gandhi***

Many students saw *Gandhi* with Rama this evening. Rama turned towards me and said, “Hi Kiddo, you waiting for someone?” I responded, “I’m waiting for about six people.” He started to head back to the theatre, and just as he turned, I asked him, “How are you feeling?” Rama turned around, looked at me and said, “Better than I sound.” At that moment, our eyes connected, and I can still feel it and see it very clearly. The moment had stopped – forever. Rama headed into the movie.

There were about 60 – 70 students who all saw the movie together with Rama this evening. There was an incredible joy, happiness and ecstasy.

---

## December 15, 1982 – L.A. Center Meeting

Rama was looking at some letters which he had received. He joked for a few minutes and also talked a little bit about the movie *Gandhi*. Rama asked how many of us had seen the movie and about 1/3 of us raised our hands. He suggested that we should see it a number of times. Rama said it was one of the most spiritual movies in the last 10 years.

Rama said that he had a couple of things to talk to us about tonight. He said he's been getting some interesting letters. Rama said all letters sent to him should be typed or he won't read them. He picked up a couple of them, one of which he pointed out was not typed. He said that one of them was from a person in San Diego who wanted him to send the copy of the list of students, so that person could contact people about forming a meditation group. Rama read part of the letter and made comments on it. Rama said they don't give out any information, to protect our privacy. Rama couldn't endorse this request. He said we don't seem to understand that the guy asked Rama to send out the requests (the guy would reimburse him for it), if Rama wouldn't share the list with him. Rama didn't appreciate that at all. He said, "I work 100 hours a week. I don't have time to mail your letters. It might be fun to play with a stamp machine, but you don't seem to understand. I have a lot to do."

Before that, Rama was talking about two other things that happened. A guy in S.F. was handing out flyers for a possible bus trip down on the 1<sup>st</sup>. Rama said the guy did it without showing it to them first, even though he had been asked to. Rama said the handout was sloppy and that if someone got it, they might think it was Lakshmi-endorsed, and it was not. Rama believes in doing a nice job with things, with perfection.

---

Rama stated the more you try to do for people, the more problems you encounter. He believes that the government that governs least governs best. That's why the staff was cut way back, because Rama would rather see a little done with quality than a lot done imperfectly. He said that Lakshmi had put together a list of hotels for the S.F. people (for the 1<sup>st</sup>) and that a student had gone and personally checked them out.

During the talk, Rama talked about another letter. Someone had complained because a guy at one of the public's was harshly asked to move. Rama said that the staff had been trained to 'see'. The guy was standing behind one of the tables near the women and trying to talk to them while they were working. That guy was also putting out a lot of low vibe energy at the women. He had been asked nicely to move, but he refused, so he was finally told to move.

Rama then talked about doing more work for Lakshmi. He likes having a small staff and a lot of volunteers. The work should come from the heart, and with a smile. Smiling can make people feel good about things. It's nice to work for the group, but if it's not clean, if it doesn't have quality, and if it's not happy, then it's not right and you will be asked not to help for a while.

Rama talked about the problems of trying to do a lot for people. He said that in theory it's nice, but it doesn't always work. Rama said, "For example, you could have a theory that frogs could fly, so you could talk it over with friends and get expert opinions on it. Then you'll want to test if your theory is right, so you set up an experiment. You pick a tall building and a time to do it. There might even be demonstrators and equal rights groups who will try to stop you. The day will come when your experiment will

---

begin. Then at the appropriate time, you'll throw the frog off the building and it'll fall and go splat."

Rama shared another letter from a woman who said her father was very ill and asked Rama to help him. First Rama said that he knows such situations are hard, when a person you love is hurting. Rama said there are people in this world who do a lot of healing, and that it's not really his specialty. It might not be right to heal her father because that might only delay it a couple of years and it might be right for him to die and start a new life now. Death can be a good thing and that rebirth can be better. Except for a very advanced yogi, rebirth might not be better.

Rama added that we have to understand the nature of this world. Rama said, "This is a world of birth, growth, maturation, decay and death. If we are born, we will inevitably die. We must understand the nature of this world. Everything is transitory. What we can do is just watch and wave as friends, relatives go by. We will see them all die unless we die first. We must understand the nature of this world."

---

## December 23, 1982 – S.F. Center Meeting

Rama arrived about 7 pm. The first thing Rama said was, “Hi, fellow Egyptians!” He proceeded to walk over and sit down and looked through the tapes. We meditated for about 15 minutes.

Rama talked about the Christmas season, about how the world was pretty thick out there. People seemed less happy than ever; during this era, the last of the cycle, the world is thicker (darker) than ever. However, for the aspirant, it’s a good time.

Rama suggested that we see movies. They are a good way to clear out the energy that’s been built up during the week. Rama said that he saw *Tootsie* last Friday and then *Dark Crystal* at midnight. Rama said last week was a tough week. Movies weren’t really necessary a thousand years ago because the energy wasn’t as intense as it is now. Rama said that he loves horror movies, one reason being that all of them have a lesson in common: they teach us to trust our intuition.

Rama talked about the New Year, and asked us what we wanted from the upcoming year. The first person asked for more purity and humility. Rama responded that that’s nice. Someone else said they wanted to be closer to him. Rama responded to say the person needed to care and really go for it.

At one point, when talking about realization, Rama said, “You don’t realize God. God realizes you. Your mind isn’t capable enough to realize God.”

One person asked to be able to quiet his mind more. Rama said that a couple of things could really help. First, fasting for a couple of days once in a while; that it helps clear us out, but mostly, the discipline of it helps a lot. Secondly, the morning meditation is very, very important. When we get up in the morning, shower and meditate, we

---

become clearer. It's important to do a good job with that meditation, and we should never miss it. It gets us in the flow for the day and if we don't, the day won't go well. Then at noon, if we can think of Rama/the Center, it gives us a boost. When we get home later, we can then shower and meditate and clear out the day's vibrations. Rama highly recommended sunset as being a good time to meditate. Rama said we should not make our evening meditation right before we go to sleep, because we are usually too tired and won't get too much out of it.

Someone asked about the tapes. Rama said they weren't going to be sold until after the vacation, and that all of them should be out by then. He said, "I don't know why, but I saw that it was right not to sell them now."

Someone asked about a book list and Rama replied that he said there would be one coming out in February. Rama said there would be a booklet which would contain information about the organization and will be of help to the students. Rama did say *The Bhagavad-Gita* (translation Prabhavananda) and *The Way of Life* (red-lettered cover) are the two primary books. He didn't have anything to add to *The Bhagavad-Gita*. Rama also identified the following books as important for us: *The Crest Jewel of Discrimination*, *The Upanishads* (Vedanta translations for both), *Journey to Ixtlan*, *Tales of Power*, *The Second Ring of Power*, *The Ramayana*, *The Biography of Sri Ramakrishna* by M (not to really read this front-to-back, but that we should just pick it up and read parts), *Walden*, *The Brothers Karamazov*, and *How to Win Friends and Influence People*.

Someone said in their meditations, they have been seeing a lot of blue and purple light and wanted to know what it means. Rama said it means that he saw blue

---

and purple light! Rama said he doesn't go for all that stuff of saying what each color means. He said that it's like dreams. When we have a dream, we shouldn't analyze it; if there was a meaning to it, we will know it, and to just accept it for what it is – that life is a dream.

---

## **December 31, 1982 – L.A. Ebell Theatre**

On the stage there was a couch, the tape player and two large bouquets of flowers, one on each side. Rama sat down and took a minute to choose the tapes for the evening. He then started to talk. Rama was in a light mood and went over the evening's format. He said we would meditate and then do the plays. There would then be awards and a final midnight meditation, and that this would be a nice way to start off the New Year.

Rama said that tonight was the night when the most alcohol is going to be consumed and that people will get used to partying. He asked us to be careful driving home, and that we'd be leaving around 12:30 am.

Rama said hi to the Ebell staff. He said that they would probably rather be doing other things and he hoped they enjoyed being there. He told us that he called the Sheriff's office in the desert and found out the temperature had gotten down to 17 degrees. They said we should be careful of the ice. Rama added that the daytime temperature would be about 70 degrees.

---

# Rama Experiences – 1983



---

## January 1, 1983 – Desert Trip

Rama came walking up and everyone got in a close circle around him. Then Rama told us we could sit down. Rama started talking and turning around and around. He was in a very light and happy, joking mood. Rama said that he must have done a good job at the meetings to discourage so many people, that he liked having a small group.

Rama made some jokes about the cold weather and said that he was going to take the three-wheeler up for a while to check out the gorge for water. He joked that he would be back later, but maybe not. We were asked to start walking in the meantime. Rama said that there was also a four-wheel drive behind us in case of emergency and that fatigue wasn't what it was there for; if they pick us up because we're tired, then what if an emergency happened?

Rama introduced the medical staff and the people who would be available in case of a problem. He said that he would be up front and not to bother him, that he would be busy 'dealing with all of us and the beings there and the students who didn't come and various forces and Eternity and Nirvana'.

Rama was really, really happy and having fun. He said that there were a couple of things to watch out for: "First, if you come to think that you've realized God, you haven't. It's not like that. It's a quiet sort of thing. Also, when you're walking around out there, there are some strange forces, so if you start feeling like you want to get away from everyone or if you get down or depressed and want to get away, so you don't bother anyone, you should walk up to someone and say, 'I've been having funny thoughts'." Rama said it's best to expose the strange energies and then they'll go away.

---

Rama said, “We’re a group out there, not just a bunch of individual egos. We’re just one big ego”, he added laughing.

Rama also told us that when we’re walking, we shouldn’t spread out too much. Flashlights weren’t to be used while walking and the people in front sweeping the ground for snakes and other things will only be sweeping about 75 – 100 yards across. He asked those people not to walk too quickly and to give them 75 yards’ distance, so in case they spot a snake, they’ll have time to stop. Rama hilariously pantomimed them walking and a snake coming toward them. Rama said we shouldn’t worry too much because “at that time of year, all the snakes had gone down to Mexico for a convention, but there might be an anti-social one still around”.

Rama suggested that as we walk, to look around at the mountains and try to stay meditative, that there are a lot of forces and beings to see. He also said that the walks are very purifying.

Rama said that when the sun goes down, we’re his. He told us of when he studied martial arts and his teacher, a fifth degree black belt, put his hands on Rama’s shoulders and said, ‘You’re mine!’, then Rama knew that there was nothing he could do, and he would be thrown down.

We walked down the gorge, then sat down and got situated. Rama asked us to look up at the highest peak of the eastern mountains. As I did, I saw the mountains and the sky merge together (the separating line disappeared) and the whole area was a single dark background with vibrating specks of light all over it. After a few minutes, Rama asked people what they had seen. One person said they saw Rama grow really

---

large. Another person said they saw the mountain and sky merge. Someone else saw Rama's double up there.

A few minutes later, Rama asked us to look up at a bright yellow star above the eastern mountains. The star just stayed there. The rest of the stars went out and the sky lit up with some white light. Rama again asked us what we had seen. Someone said they saw that star dim and go out. Someone else said they saw all the stars go out.

After a break, where we had something to eat, Rama told us we were at one level and he'd shift it. After a few seconds, he said, "Again". A few seconds later, "Again". Rama seemed to wake us all up and to re-inspire us with this exercise.

Someone asked Rama how he kept the moon from rising and he replied, "It'll be here. It's only 8 pm."

Rama asked us to look up at the moon, which was now shining brightly. Rama asked for observations and someone said it got brighter. Rama then said that he was going to draw power from the moon. As he did this, the moon became much, much brighter.

Rama asked for other observations. Someone said she saw a lot of beings on the hills, sitting and watching like they were in grandstands. Someone else said they saw a beautiful lady up on the cliff above. Another person saw Rama merge into the mountain.

Rama then asked for questions. One person asked about men, women and relationships. Rama first responded by saying, "You guys really want to talk about that? Okay." He said that they're not that big of a deal, that we should go for it, if we want. We

---

shouldn't play games and pretend; we should just be ourselves. If it's right not to have relationships, we don't have to force it one way or the other. We should be natural.

One person said she's been sleeping 10 – 12 hours lately and wanted to know if Rama was in an occult battle because she had been having dreams about it. Rama said yes and that it's been going on for about a month and it would be over soon. Rama said he was winning, but that it really doesn't matter if he won or lost, Eternity does what is right.

Someone asked if Rama felt the cold. He was just wearing sweats. He said he doesn't feel the cold at all.

---

## January 28, 1983 – Maui

During the first half of the evening, Rama answered a question about Castaneda and Don Juan saying that the warrior develops the attitude that he's already dead. As Rama was answering it, he got to a point where he was asking us what is the other thing we need besides faith? One person said, "Work". Rama responded that that wasn't enough. I said, "Giving", but said it too softly. Someone else said, "Discrimination". Rama said, "Right".

I then asked Rama, "When you were in Hawaii last time, about a week ago, you found a new siddha – the forgetting siddha. Since you can make us forget, does that mean you now have a greater ability to make us remember?" Rama replied, "The forgetting siddha doesn't really make you forget." He paused and I re-asked the question, "If you can make us want to forget, does that make it easier for you to make us want to remember?" Rama stated, "I shouldn't have really called it 'making you forget'. I was showing you how to change levels of dreams. You changed from one dream to another, and you just forgot about the first one. The reason I called it 'forgetting' is because you guys have that fear. By calling it that, it shook you up because you'd start wondering if you forgot something, and you'd forget you had forgotten. I get a sense of an underlying fear in the group and like to start playing with it. By making it hilarious, I can show you how ridiculous your fear is. The fear can only stay if you keep it hidden, but if you bring it out, it won't stay." As Rama was talking, golden light filled the room and then everything dissolved.

Someone asked, "How do you know that what you are doing is right?" Rama asked the group for responses. One person said, "You just do, you feel it". Rama didn't

---

agree. He said, “It’s when you don’t do it, that you know you are not the doer – then you are not the one aware of not being the doer.”

---

## January 29 – January 30, 1983 – Maui

Rama asked us, “What do you think of Hawaii?” Someone said, “It’s easier to see through yourself and to learn”. Rama said, “Yes, it’s easier to see through yourself here.”

Rama asked us, “Over the past month, have you felt progressive, happy?” About 30 people raised their hands. Rama then asked, “Of those who didn’t raise their hand, do you think you’re not happy because you are trying too hard and aren’t ready yet?” About 70 people raised their hands. Rama went one-by-one, a couple of times saying, “You must be kidding”. Only one person had been honest. The rest of us were trying to hang on to who we were. Rama said, “Your inner being has progressed and your outer being hasn’t.”

Someone mentioned she was analytical. Rama said to her, “Being too analytical is a problem. It’s what you used to be and you have outgrown it. You shouldn’t think about yourself. You should be into being and helping others. You don’t have time to think about how you are doing spiritually.”

Rama said, “You forget your dreams because you don’t want to know. If you want pleasant things, you’ll get pain too. They come together.”

Rama talked to us about housing. He said that Malibu has cheaper rent and we can get a nicer place for the same rent as Pacific Palisades, except if we get a summer-only rental, or want to live on the beach.

Rama said, “I snow you guys most of the time, but snow melts in Hawaii.”

Rama said, “When you go to the volcano, don’t expect to see anything.” Rama did an imitation of us: ‘Oh, I’m not seeing things. So sad! I’m depressed!’ Rama stated,

---

“At a good power place, you won’t notice any difference until later. If it’s a really good power place, it’ll be so clean and pure that you won’t notice while you are there.”

Rama told us, “When you go back to L.A., keep the changes and implement them immediately, then you won’t go back.”

---

## January 31, 1983 – lao

We got to lao and walked up to a platform where Rama was standing. It was a really beautiful green, with a river in the valley. Rama started talking. He was having fun and sang in an operatic voice. He then said that the needle was like a transmitter; it is a point at the center of that region which is like a lighthouse, a marker between many planes. Rama said that we shouldn't try to understand it with our minds. He also said that the valley had the vibrations of Atlantis. Rama said, "Atlantis was a lot like that, green – before it went under." He asked us to close our eyes and to meditate for a few minutes. Then Rama said, "We should leave the path because other people would want to walk through there." Rama said that we should all go and walk around for 45 minutes and try to stay meditative, and we should meet back at the bus at 5 pm.

---

## January 31 – February 1, 1983 – Maui

Rama shared many insights, as we sat with him. Rama said, “Liberation comes through purity of heart and purity of mind. Sometimes, doing what’s right isn’t right. You have to consider its effects. For example, in social situations, it’s good to be un-noticed, quiet.”

Someone asked Rama, “How can purity of mind or thought be developed?” Rama responded, “How can you develop purity of mind? Cut off your head.” After a short pause, Rama said, Go see *The Road Warrior*. Then after another pause, Rama said, “By keeping the company of the holy. That’s the only way.”

Rama shared with us that he doesn’t have a mind (thoughts) anymore, and that it only appears that he does. Rama said that when he was going through the process, he still had pain. But in those moments of seeing the beauty (sunset, waves), quiet became more frequent than before, through his meditations.

Rama said we can work things out by dreaming about them, and that we don’t have to actually do them. Arjuna couldn’t deal with the universal form.

Rama talked about the Level 2’s and said they’re looking good. Rama then asked us, “When are you going to stop lying and change, damn it?!” Rama said when we are close to him, that we have to have every emotion perfect. One error and he won’t be happy. Rama then reiterated, “I’m looking for Level 2’s. I know what will happen, but I won’t tell ...”

Rama read this week’s Snoopy cartoon. It was wonderful and playful.

Rama told us, “I’ll be on the plane with you on the way back, but not as you think. I was there on the way ...”

---

## February 2, 1983 – L.A. Center Meeting

Rama came in wearing white pants with a gold jacket. He sat down and said hello. He pulled out something and started to read it – it was from *The Supreme Yoga*. Rama read for a few minutes and would then flip through the pages and read another passage. He said, “The other (2<sup>nd</sup>) edition was easier to read; the stories were good.”

Someone asked, “How much control do I have?” Rama asked her in return, “How much do you think you have?” She replied, “None”. Rama said, “Oh come on! When you get up and drive to work. How much control do you have?” She again responded, “None”. Rama stated, “Sure you do! You go out and get in the car and drive ...”

Someone asked, “Since you shift our awareness ...” Rama interjected, “That’s a good excuse, put it on me! I don’t control you. Why don’t you look at yourself for what you do?”

Someone else tried to ask a question, but it was not coming out as she had hoped. She got flustered. Rama said patiently to her, “You’re learning.”

Someone asked, “If I accept that Eternity is doing it all, then how do I put in the effort or get things done?” Rama answered, “Don’t think about it. If you don’t think, then there’s no problem. The way to do it is to put in a lot of effort, but feel that you are not the one putting in the effort. Eternity is doing it all through you. At your level, you feel you need to put in the effort, but a problem of egotism can develop. In order to take care of that problem, you have to deeply feel that you have no part in it, and that everything – even your inspirations – is only Eternity. That will keep you even. This is very important.”

---

Someone asked about fear. Rama said that we get to points where we're afraid to go further, and that it occurs even in meditation. Rama said, "Each meditation is a microcosm of the process. You'll come up to a point of fear many times, but there is nothing to be afraid of. We are Eternity and this is all an illusion. Once you go beyond that point, you will see that your fear was ridiculous, that all fears have no ground." Rama continued, "What we do is bring you up little by little. It's good to take your time. Each time you go a little further."

Rama again asked us if we're going to go for the process. It was a really high and bright moment. Rama talked about what it is like for him. Sometimes he looks down at his feet and sees his socks, but doesn't remember putting them on.

After the break, Rama played with some different voices. He sang a line opera-style. He also did a line imitating Peter Lorre. Rama said, "It's good not to have to understand things; it's very freeing." Rama stated that it's good to push ourselves, and that we shouldn't expect to be happy all of the time. It's like running; it hurts, but it's helpful. Rama said that in meditation, we will still have pain, but the high points will become more frequent and nice.

Rama again started to read from *The Supreme Yoga*. He read about the story of a man who wanted to see Maya. As Rama read it, he gave us a number of explanations and made some jokes. There was a city with a hard-to-pronounce name and Rama renamed it to 'Waffle City'. As the story went on, it became more absorbing. About three quarters of the way through, Rama said there is no past or future. Rama finished the story and read some of the philosophy too. It was really nice. He then started to talk about going for it. Next Wednesday would be Rama's birthday and it's a very high day.

---

**February 9, 1983 – Rama’s 33rd Birthday** (*Rama’s talk can be heard in its entirety on Rama – Live in L.A. (“For Every Ending, There’s a New Beginning”)*)

Rama unrolled a new poster and held it up in front of him, then he announced upcoming public talks at the Mind-Body-Spirit Festival and at UCLA.

Rama said, “Thank you for my birthday present. I drove down in it. A red truck! Thanks very much.”

In the *I-Ching*, we’re told that for every ending there’s a new beginning. That’s a mantra for a person who seeks enlightenment. Throughout the ages, people have sought enlightenment. We are those beings today.”

“The idea that there’s a past and a future is illusory. There is relative time and timeless time. Between super-consciousness and consciousness there’s a gap. It’s the journey we make called self-discovery. There are different formats; paths you walk on.”

“For every ending, there’s a new beginning. There’s doubt and depression in the world, as well as beauty. This life is a field of action, a place to dream. Our successive lifetimes are dreams.”

“The pathway to enlightenment is not necessarily very long, in retrospect. Enlightenment only happens to a chosen few, so maybe if we could find out who’s choosing and have a talk with them ...”

“I want to speak out, to be the defense counsel for the unenlightened ones. If you have a heart big enough to accept all ... First let’s talk about why you **SHOULDN’T** attain enlightenment. There’s no reason to attain enlightenment, since you know you already are. Being enlightened doesn’t mean you’ll be happy all the time. Enlightenment leads to intense frustration. It gives the word [enlightenment] new character!

---

Enlightenment can't be very good or more people would endeavor to attain it. Very few elderly attain enlightenment and youth avoids it. And there's nothing good about middle age, that's the time people raise families, as opposed to raising the Kundalini."

"People who indulge in oppression, hatred, violence – even those people appreciate beauty. Those who are successful in the world aren't enlightened because enlightened people aren't successful in the world. So, what profile can we find for the enlightened few? A bad childhood? Is that it? We know THEIR reasons: life offers only desire followed by pain."

"Most enlightened people probably couldn't even hold a job! It might be better for the world to eradicate these few – take them to the top of a mountain and let them meditate their little hearts out; then the rest can go on with earning a living, procreation – things that count!"

"There are reports of miracles like walking on water, etc. Will that make one happy? You walk on land now. Is it better to walk on water? How would the fish feel, looking up and seeing all those feet?!"

"There are people who claim being with enlightened ones has changed them. Some have given up families and professions because they experienced that 'bliss that surpasses understanding.' Some say cocaine has a similar effect!"

"We say that established cults such as Christianity and Judaism are okay. As long as they've been around a long time, they're okay. And those who claim to be enlightened seem to be socially destructive."

---

“You’ll notice that the truly enlightened create almost no social change. They don’t ask for replicants of themselves, but say students should find their own way. They encourage others to live and work in the world.”

“The truly enlightened are a threat to society initially; very often after their death, they wield that effect. But perhaps we can discount this effect because by then, the teachings are being filtered through their students’ perceptions.”

“If we paraphrase what the truly enlightened say, it would be ‘Be absorbed.’ You might be traveling through the desert on a camel and see a crow land on a coconut, and the coconut falling. You might conclude the crow caused the coconut to fall, when there was actually no causal relationship. It was going to fall anyway.”

“This is the kind of nonsense enlightened people talk about; that’s why enlightened people really pose no social threat. However, those who listen won’t be the worse for it; it’s like reading Marvel comics.”

“It’s observable that the persons who seek enlightenment go through transformations. They claim to have a feeling of well-being that endures through adversity. They say that through meditation and self-giving they continue to change. They are tranquil and harmless, and while we can’t quantify their experience, neither can we challenge it.”

“Let’s enter the world of suppose: spiritual evolution is a relatively mindless process. There is no time. Everything is clear, unless you’re frustrated. All heavens and hells are created within the self. Nothing is unless we make it so. We must consider the nature of truth. There are no words and there is silence. The art of meditation is silence.

---

One stills the mind. With patience and practice, one learns to still the mind and see Eternity.”

“Most people in this world are very sad. The trials come and go. There seems to be no sense to it. But get beyond the corner of awareness and there is a sense of perfection. You can go through life with joy or with cynicism and reach death at the end. What’s the difference?”

“You see yourself as an objective person, but when you enter meditation, you see what you thought was real was partiality. When we meditate, we sense life is a dream, and then we can learn to set up the dreams.”

“There are four levels of consciousness: (1) The waking state, (2) The dreaming state, (3) The dreamless state, and (4) Ecstasy, the superconscious – from which there is no return.”

“One form of reality is not holier than another. Each person chooses what they wish, and what they wish is granted in terms of consciousness. We play in a garden of beauty. When the winter of death comes, it all goes away, and it returns with the spring of rebirth. We, in dreams, can experience worlds of reality; we can take regular dreaming and CONSCIOUSLY dream. In the dream state, we move from dream to dream. In the waking state, we move from waking to dream state.”

“In deep sleep, there are still impressions. It’s not enlightenment because those latent impressions are seeds that bring forth fruit. The superconscious, on the other hand, is beyond definition in that we must move beyond the experiencer to know it. The superconscious is all there is. All camels and coconuts die.”

---

“Life is total consciousness. We seek the sky without knowing why. We can assign reasons. We can say it’s the trend of evolution, the will of God, but these are just reasons.”

“Having seen and lived in the eternal and the finite, all I can do is live in the finite and choose to be happy. I see pain and Maya as a means to be happy, thereby, giving meaning to it. The final condition of humanity is joy, but the joy will never be collected.”

“Even if you fight against joy, it will always be beckoning. It’s the nature of this transitory life. Pain and depression don’t taint joy. If you focus on them, you can be miserable. Our life in this world is NOT purposeful. As we become mature adults and look at this world, we see the pain, but that doesn’t dissolve the joy. The rain comes for several weeks and then the sun comes. The superconscious is beyond the clouds. It’s endless light.”

“We meditate and thank God for every new beginning, and for every ending too! The endings keep life from becoming boring. I saw *The Road Warrior* seven times, and each time it was different because I was never the same. Whenever you think you’ve seen someone twice, you’ve lied to yourself!”

“To be willing to experience the agony of the ecstasy, to experience so much ecstasy that you die, to find yourself different each time – Samadhi they call it. I call it a good time.”

“T.S. Eliot, in *Four Quartets* says, ‘In my beginning is my ending.’ What we see is an endless loop of tape. So don’t be discouraged, and if you are, then don’t be discouraged. The awakening is just around the corner.”

---

“That’s what Orr was trying to tell Yossarian in *Catch-22*. There’s a way out. It’s not in running away, but by embracing the world and surrendering to it. Look at nature. Think of the software to keep track of your karmic records alone! Totally awesome.”

“But what Theodore Roethke called, ‘The Perpetual Beginner’, that’s the happy part. Being a student is much more fun than being a teacher. Therefore, a teacher needs to be a student too or he becomes a poor teacher.”

“God exists in heaven, hell and Denny’s too. Spiritual life is simple: all you need to do is do what you like. And you’ll be in terrible trouble! But you have to go through that. You want to give your will to God, but what if God doesn’t want it?! There may be a surplus of wills. When you attain enlightenment, you see that nothing matters – or that everything matters.”

“What you can make of this is probably nothing, but I continue to declare that life is joy. Someone may love you, but if you don’t see it, that doesn’t make them not love you.”

“In spite of all the hysterectomies of existence, you know all along you’ll succeed in spite of yourself! To be happy, all you have to do is smile when it hurts. We’re not the doer, we’re the DONE. If there’s a difference, it’s between being baked and being half-baked. It’s a matter of time and temperature!”

“Try not to worry so much. All the time you worry! If you must worry, worry about happy things. You might worry that you’ll take the energy from meditation and transform your life and your profession. You might worry that you’ll realize God! That’s a nicer dream than worrying about a tax audit.”

---

“Humor is the ultimate liberator. Therefore, an advanced spiritual seeker will see lots of Woody Allen movies. As you know, most people laugh at the misfortune of others; it makes them feel macho. But since the wheel turns, it’s better to laugh at yourself.”

“It’s a nicer dream to be happy. You are the one without a second cousin. So try not to be so hard on yourself. There’s a natural flow of light in each of us. Life and meditation are spontaneous; that’s when it’s best. Like sex, right?”

“Once I was asked on a panel show I never appeared on, ‘Are sex and meditation the same?’ I said, ‘Absolutely not. You can meditate by yourself.’ Now, I realize ...”

“Don’t be so hard on yourself. You’re here to learn to accept yourself and your body, even though it’s passing. Try to have more fun with your self-discovery through experimenting. Don’t be afraid to change – or to stay the same! Trust yourself.”

“Life can be quite wonderful. More people love you than you know. So don’t be frustrated, just live.”

“If you find yourself walking my way, the way of meditation, you’ll find the way of perfection. And the physical is perfection too. They’re the same. What the poster should remind you of is how silly I am. It’s a happy experience, this thing. And it’s enough.”

---

## **February 13, 1983 – Malibu**

While on the beach, I noticed there was a man running who was running like Rama does. He seemed bouncy and was frolicking. As he got closer, I saw he was wearing a white shirt and blue shorts. I then realized it really was Rama! He waved with his right hand, and I waved back.

---

**February 16, 1983 – L.A. Ebell Theatre** (*Rama's talk can be heard in its entirety on Rama – Live in L.A. ("Cosmic Awareness")*)

Rama said, "I saw the Rolling Stones movie the other night. Mick Jagger performed with terrific energy. I was fascinated to see how he was doing it at age 40."

"We have an idea what it's like to be men and women and it's imprinted on us by our culture. Using inner vision, I saw that Mick was drawing heavily on what all men could draw on, but don't – his movements are more feminine than masculine. Using inner vision, I watched how he was drawing the Kundalini; he was using full power, while most people use only fragments."

"At one point in a particular segment, a lot of women came on stage. Suddenly, I saw, when he was in front of all these women, that there was no difference between them; most people only see their ideas of Mick Jagger. What he's managed to do, other men could learn to do. I have."

"Women have more power; this is the age of the Kali Yuga. We think of men as having the power, but from the inner point of view, women are stronger. It's easier for women than men to attain enlightenment. Their subtle bodies are more open to light, but their consciousness is ingrained to support the man in his endeavor, and all that nonsense."

"The other taboo for a man is that he can't explore his feminine side. For some reason, it would just mean they don't beat up people anymore. Recently, there was a *Times* cartoon that showed a man with his head in his hands, crying. The woman says, 'I do wish you'd go back to being a little more macho'."

---

“For me, the feminine side is complete power, and most men are afraid to access it. The systematic suppression of women has occurred because men are afraid, not women, of the feminine aspect of themselves. It creates change.”

“I grew up in the age of rock-and-roll. Our heroes were from John Kennedy to John Lennon, and here’s this man at 40 still going strong. And his music is no better than it ever was, but what attracts people, as Bob Dylan proved, it’s not the quality of the voice, it’s the Kundalini. He utilizes that side of his being. Not that I recommend the movie – it’s 20 Rolling Stones songs in a row. The point is, ‘Why don’t we attain enlightenment?’”

“Cosmic awareness, or cosmic consciousness as it’s sometimes called, is the realization that we are all light. Sometimes when meditating, we get the feeling we’re beings of light, and that’s certainly true. As we come to know our essence, we know we’re not separate individuals. Meditation takes us beyond the moment to Nirvana. These states of awareness are open to everyone. To become conscious is like swimming in a dark, murky lake, but we can swim to the surface and see the light. In everyday life, we experience pleasure, pain, and freeways. People promise us enlightenment, instant satisfaction in one form or another. It’s a rare person who realizes he’s not an individual. There are two types of people: the lucky and the unlucky. The lucky ones meditate and merge with the All. They’re lucky: the few, the proud!”

“Then there are those who chose to, were forced to, were browbeaten by God, to work in the world with people! We assassinate them, crucify them rather than deal with who they are. The expression of an enlightened person can’t be said in words. Remember the Etch-A-Sketch? Moving both horizontal and vertical control knobs at

---

once made curves, and that's what life is like for most people. But for someone who is enlightened, there is nothing but light. They see past and future at once. They can be in thousands of places at once. They can go beyond the human and become God. It's hard to put into words. The way of Truth is manifested by such persons."

"It's their expression – the way they answer a question, a way of being – that's so fluid. Everyone likes flash; I do too. But there's a certain simplicity and subtlety about such beings. All I am now is meditation and someday it will happen to you. I don't usually talk about it. From my point of view, liberation indicates a very refined state of being."

"Going fast is just an idea someone created. Shakespeare said, 'Nothing is either good or bad, only thinking makes it so.' But if you think that way, you'll go mad! Things like 'good conduct' and 'heaven' aren't exactly right! What's a mother to do?"

"You learn to stretch reality. To develop the 'Despondent Existentialist' point of view, walking in the desert of mind without order. People like order. It's an illusion you can count on. Philosophical persons deal with these ideas but I don't, because when you meditate, it all goes away. There are no words for what one experiences in Samadhi. It's a candle held up to a supernova."

"Life is far more perfect and precious than people realize. People are caught up in the moment, trying to get through experiences. It won't happen mañana! To stop thought is difficult, because it means you have to accept every aspect of yourself. You have to accept every part of yourself as perfect, even though you know it's not."

"Reality is too perfect. People don't like that. We have the idea birds fly, people don't. People fill out tax forms, birds don't. But in my world, birds are CPAs!"

---

“It’s necessary for housecleaning to let go of attachments. There are two approaches: radical and conservative. (1) You go through and constantly clean and organize the house, or (2) You burn the house! I like a combination of both. Clean and organize the house, then burn it. It makes for a better fire.”

“To find someone who has reached enlightenment is inspiring; if that turkey can do it, anyone can! The enlightened are silly people.”

“The short path is Tibetan yoga. The danger is that we may burn ourselves, as well as the house. Some leave the short path.”

“To perfect every aspect of your being is the gentle path; to know we’re beings of light. The actual transformation of light takes two forms. Self-giving (karma yoga) can lower awareness if people don’t have the ability to remember. It happens if they don’t want to meditate and work on themselves. Never forget the source: stillness and silence. You don’t have to think about these things, because thoughts are subject to illusion, and you’ll find you’ll just become.”

“Real self-giving is when we take what’s closest to us and throw it all to Eternity. We let it go without worry. It takes trust. You’ll see that life is better. The objective world won’t change, YOU’LL change.”

“So meditation comes in two forms. (1) When you meditate by yourself, you sit by yourself and go beyond the thought of aloneness – your companion in Eternity. (2) On the other hand, we go to a teacher. We go to someone who has gone beyond the human consciousness; theirs is light. When you meditate with such a person, you change because the force is so powerful your awareness is stretched.”

---

“This is why people have traveled to spiritual teachers or to places of power, of transformative energy. We go to the Grand Canyon and remember something in the silence.”

“I experience death several times a day. Every time I’m absorbed, it’s death.”

“We go to this person to unlearn. From the enlightened, we learn a way of being, a way of naturalness. And even more so, we study their awareness.”

“It’s the silence between words that gives them power. Otherwise, it would all be sound.”

“Gestures are important. It’s the subtlety that has power. Silence has tremendous power. If you can give yourself room to go beyond and not see the two are different – this is to lead a complete life. The words are a gesture, a reaching out. Like a flower that blossoms in a field and no one is there to see it. There’s integrity to that. It makes for a happy flower.”

After the break, Rama said, “It sounds to me you are uncertain of morality. I’ll answer questions on morality. Sometimes we experience the consciousness of Jiminy Cricket. You can know something is right but a part of you says it’s not. What you have to do is decide what’s right. Your understanding of what is right changes. Ponder the matter as deeply as you can, then do what you like! You shouldn’t feel bad if you do what’s right. You ruin it! It’s better to be honest in your dishonesty, rather than dishonest in your honesty. Give yourself space to be yourself and you’ll always do what’s right, even if it’s wrong.”

Someone asked, “Is killing a person always wrong?” Rama said, “No. Sometimes it’s a good thing to do. You can’t kill anybody. You can, however, put someone through

---

some pretty quick changes. We all wrestle with that question. We do when we think of killing ourselves, which we all do from time to time. Consider the killing of a mad dog. Or in giving your own life so someone else can live. I don't think anyone can end or begin life; only God can. If your country's attacked or you are attacked, you may find yourself putting an end to someone's current cycle."

"Remember Krishna and Arjuna: the ultimate answer is enlightenment. The [Bhagavad-] Gita is an allegory about ourselves. Do what's necessary in each situation; you can only be an instrument of Eternity."

Another person asked, "If there are no universal or absolute standards, what should lawmakers do to come to a semblance of order, even though order is an illusion?" Rama replied, "Everything is real. There is dharma in every situation. Every era is different, but it's always the same. Laws should be designed around order and forgiveness. The *I-Ching* is a spiritual book about law and politics; the principles of change are always operable. It talks about matters of state. Half of the Lao Tzu book also."

"You can think, 'There are no universal laws'. But nature has a template that exists; your awareness changes. Try not to choose. Try not to put yourself in black-and-white situations. When you take the time and trouble to make yourself clear, the world becomes clear. When you have clarity in your own being, the universe becomes clear."

Someone asked, "I understand what you said about self-defense, but what about Gandhi?" Rama said, "Gandhi was a spiritual aspirant and he was humble enough to say so. He had a way of making the changes he was experimenting with happen. He observed that violence engenders violence. Gandhi, in response to the *Life* reporter

---

said that passive resistance probably wouldn't work against Hitler. Gandhi's passive resistance led to some of his followers choosing to lose their lives, which is the taking of a life, in my estimation."

Someone asked, "So are you saying we decide for ourselves?" Rama replied, "Questions are a trap. Go beyond the relative mind and you will understand. Every answer is a partiality. Gandhi died unhappy because he wasn't enlightened. Things like cause-and-effect, morality – these have no meaning. What will be, will be. So far, we can't control our own happiness or our own thoughts."

"Self-giving is it. Are you willing to live your life for someone else? Or something else? Or your Self with a capital S?"

---

## February 23, 1983 – L.A. Center Meeting

Rama said he wanted to talk about integrity. He said there are two kind of integrity: negative and positive. The negative integrity was like trying not to hurt someone, being honest, helping someone – that’s the least we can do. We need to do it without thinking that it’s anything out of the ordinary. The positive integrity is something we need to start to work on. It has a lot to do with self-effort. We have to put in effort at every moment: “He, who goes with the flow, ends up down the drain.” Rama said, “Meditation is the framework for understanding existence; it’s the ‘objective correlative’.” The real integrity is silence. Reaching that still point and living it.”

Rama then asked for questions. Someone mentioned since he returned from Hawaii, he has gotten depressed. Rama responded by saying it’s because this person has had free time and was thinking too much about himself. Rama said that when the person used to be happy, he was always busy and not thinking about himself.

Someone asked, “Who is Sita? Is she around yet?” Rama said, “Vishnu and Lakshmi always incarnate together; when Krishna incarnated, Lakshmi came down twice: once as Radha and later as his wife.” He also said, “Actually, all men are incarnations of Vishnu and all women are incarnations of Lakshmi.”

Someone asked, “How do you know when to use effort or when to let go?” Rama said, “As you meditate, you get a sense of when to use which; it flows through you as the right one at the right time.”

Rama later stated, “All you can do is love and help those who are around you. You shouldn’t worry about the big picture.”

---

Someone said that she had been getting sick a lot. Rama said that as we evolve, we get more sensitive to the world's vibrations. People have the notion that with spirituality comes perfect health. Maybe if we live away from people in the mountains, we'd be healthy. But if we live near people, we'll pick up a certain amount of negative energy. Rama said running is a good way to release that energy, but don't expect perfect health. Helping people isn't always fun for you.

Rama continued that we can live in the world and be a warrior or a wimp. He did some hilarious imitations of being a wimp (e.g., when walking down the street, scared). "All the bad vibes are going to get me. Oh no!" We can complain that things get to us or we can be warriors and not be taken out. Rama questioned us: "Do you sit down every day at noon and meditate, or even just for ten minutes reach with your whole being? It can make a big difference. When was the last time you lived a whole day fully?! Do you really push yourself in your meditation? Do you really reach with your whole being?!" Rama said that an advanced spiritual seeker is always seeing his own problems and works on correcting them.

Someone asked about money and career. Rama said that in L.A., for computer school, he's heard good things about CLC, even though it's not as nice as Coleman. A number of students are there and it seems they turn out a good product. They have a dress code and he likes that. Rama said that, except for the new students, if you're still having problems with money, it's because you haven't figured it out yet. You care too much about it, and you should take some time to get it together (school, a second job, etc.).

---

At one point, Rama was talking about pain, and that real pain is not progressing spiritually. Rama said that if we are unhappy, it's because our inner being has evolved more quickly than our outer being. We need to let our outer being change (try new things).

---

## March 9, 1983 – L.A. Center Meeting

Rama was wearing a blue top with white pants. He said that March is a special month. “It’s when the Kundalini is most manifest, in a way! It’s a good month for changes spiritually.”

Rama was holding an orange piece of paper. He said that the price of the book had gone up, from \$7.95 to \$8.95. The extra dollar was because it turned out to be 431 pages instead of 300, and the printer would charge more. Rama said that the book would be out for the public. It’s for us, although it will be in some stores. Rama told us the new meditation book is, *Why Don’t More Women Attain Enlightenment?* It will be out with the rest of the tapes. Rama said the tapes are a required part of the teaching; they contain things that aren’t talked about here. Rama continued that he’s also working on a couple of other books, including *Old Zen*.

Rama said this year he was working on more books, getting to know us, exploring around. He’s only doing nine public readings instead of the usual 50 or 60. Doing a lot of public readings takes a lot of work. It’s like setting up performances of a stage show. However, this year, he is going to do other things. In 1984 and 1985, there will be U.S. and world tours and he will be busy again. Rama listed various cities (Boston, Washington ...).

Rama said that the desert trips will be to get to know us better. He said he does know us very well inwardly, but to get to know us more outwardly, and for us to know that he knows us! Rama said there are going to be four or five trips of 90 people, to Joshua Tree. They will be on weekdays because there are too many people there on

---

weekends. We should be able to take a day off. He joked, “You’ll have a couple of weeks to start developing symptoms.” Everyone laughed.

Rama strongly recommended we go on the trip to which we are assigned. He said he’d be picking the groups to match students who have a similar vibration. They might be on different levels, different cycles of their incarnation, but they’ll have something in common. Rama also said that he was planning other small group activities.

Rama stated we should get our lives together and tie up loose ends, pay the bills, etc. Rama said when we go to the desert it’s partly to get us out of our usual framework. In the desert, there are just Joshua trees and we won’t notice how much things change, so we won’t resist as much. However, a day or two later, we look around and life is different. Rama said that on the way back is a fast food Mexican restaurant named ‘Naugles’ that puts Taco Bell to shame.

Rama recommended that we fast for a day before the trip, but not the day of the trip; that would put us too much in the consciousness of fasting and we’d be separate from the group. We should bring a snack. Rama would try to have the lists of people by next week and they would be posted, so we could write down when our trip was scheduled.

Rama said that he wanted to talk more about March, but before that, he would answer questions which we would have on transforming, changing.

Someone asked if it’s good to get involved in a lot of activities. Rama said, “No. The only good activities are movies, going to good restaurants once in a while, going to power places, meditating and solo exercising – non-competitive ones like running.”

---

Rama said, “You should spend time with your close friends and that group should often change.”

When questioned about which power spots are around, Rama said that in San Diego, Torrey Pines is good. Also that La Jolla is nice; the whole area around the Cliffs. The Carrizo gorge is also good. La Jolla Canyon is nice. It’s up PCH on the right; once you get up there, park and walk up a path for about one and a half miles. As you’re walking, you might wonder about it, but when you get to the top, there’s a meadow and lake. The very end of Point Dume has a ring of power. Descanso Gardens is in Pasadena is nice.

Someone asked how to get the most out of the month of March. Rama said, “By doing what I have been saying. Fasting, going to power spots ...”

Rama said we can make a lot of changes this month. He noted the changes aren’t necessarily outward; they might be more inward. In our meditation, we can use the Kali yantra and chant “Kring” near the end of our meditation.

---

**March 29, 1983 – L.A. Ebell Theatre**

Rama talked about the types of questions being asked: beginners ask about the nature of Eternity, which is really unanswerable. The advanced student hides in the corner, and the teacher picks on them and asks them questions.

Rama started up with the analogy of the 10,000 foot level. In the Himalayas, gurus hang out high up, and a student who really wants it will climb up, but some people stop at the lower level. Rama said, “The teachings are not really secret, but they’ll only really work for real aspirants.”

---

## April 2, 1983 – Joshua Tree Desert Trip

Rama began talking to us about various spiritual matters. He told us he's looking for a group of about 100 people our age (25 or less) to work more closely with him.

Rama said that anyone of any age was eligible, but that we were more likely because being younger made us more pliable. Rama said that as a person gets older, they are more influenced by the world and their points of view become more fixed.

Rama described the people who he is looking for as being very caring about light, self-giving, kind and humble. Rama said that at any time a person can make the breakthrough and become closer, but that for the next year or two, there's a certain doorway which is open to this happening. Rama talked about the importance of humility and he pointed out how much we think about ourselves. Rama suggested that instead of thinking about ourselves, we might try to figure out why he says what he does or why he doesn't say some things. Rama said, "That will take you a while."

At the end of his talk, Rama said that now that he's gotten his say in, we can get to the occult stuff we've come for. He noted that the spiritual side is what's really important. Rama started walking around the group singing *Waltzing Matilda*; he stopped and looked at each person for about 5 – 10 seconds. Rama's body became an absence. All around him, there was only a light, shiny background. Everything stopped for a moment. A minute or two later, the world came back.

Rama then danced and did a series of mudras. Rama disappeared and was replaced by a square area of light, which seemed sort of like a large open book that was hovering about three feet above the ground.

---

For the next hour, we were rolling in laughter as Rama joked and danced around, performing various acts of power. He manifested an astral horse, which he was petting and feeding an astral carrot. He also created a giant astral bunny for us as an Easter present, on top of a nearby hill. Rama jumped up to catch an astral duck, which he held for a minute and then threw towards the mountain; a ball of light was in his hands.

After a while, Rama talked to us about humility and purity. He said that we really are pure, but we just don't behave that way. He said that to get where we are, we have to have a lot of purity of heart. What we need to do is constantly work on it, all the time. Rama said that whenever we have a negative thought, we have to push it away, and to keep meditating, like he does. If we do that all the time, every day, then they will start to go away. He suggested that in our meditation, we have to resolve to reach, at some point, in each meditation, a point of stillness. Rama said, "Even if it's just for a minute at the end of your 45 minute session."

Rama continued to play, and kept being incredibly hilarious. He was very light and free, like a child having fun. Rama asked us if we wanted to see Merlin, and then said that he'd ask if it's was okay. A minute later, the area all around Rama became very bright gold; it was as if there were two enlightened beings there. Rama said that he was going to go away and Merlin was going to stay for a while.

A little later, Rama came back and continued playing. He told us about the enchanted taco which hangs out in the desert and snorfs people. Again, we were all in hysterics. At one point while Rama was dancing around, he decided to do a dance with two other students. They got up and started singing *Stop in the Name of Love*, but they couldn't get too far without breaking into laughter.

---

At the end of the trip, Rama had us gather in a large circle, with him in the middle. Rama started turning around and talking. He said that we are all Eternity and that that's all there is. He told us that he was always in the desert; that we could find him there at any time. Rama's final words were, "When you meditate, meditate!!" As he was walking away, Rama yelled back to us, "Don't forget to thank the desert!"

---

## **April 6, 1983 – L.A. Center Meeting**

During meditation, Rama clapped his hands four times and changed the energy from a lull to us being attentive and on the edge of our seats. A minute later, Rama said, “The meaning of life is Nirvana. Nirvana is all that there is. Everything is a form of Nirvana. The meaning of life is life ... the meaning of life is everything.” After a pause, “Not every thing. Everything.”

Rama continued, “Try smiling. Try laughing. The meaning of life is laughter.” As Rama talked, he stood up and took off his gold jacket and left on the blue shirt. He also went through a series of mudras. The white light in the room became more intense than ever and Rama’s form disappeared at times. Rama was dissolving all of our boundaries.

---

## April 17, 1983 – L.A. Center Meeting

At about 7:35 pm, someone told us that there was supposed to be a party, and that we were going to eat in a couple of minutes, and that Rama would arrive while we were eating.

Rama was next to the kitchen, wearing light-colored pants and a blue top. Rama went table-to-table to greet us.

After dinner, we settled into our seats. Rama said he doesn't want to give a structured talk. He asked if we had any questions. Someone said that when she thinks of Jesus or Judas or the negativities in the world, and then when Rama says that God does everything perfectly, she has problems reconciling that. Rama said, "God does do everything perfectly. This world is transitory. It's just a dream." The student then asked about Hitler, and if that was the will of God. Rama said, "Yes, if you want the truth. She asked what happened to Hitler. Rama said, "...many lives as an asparagus.

*Videodrome*. Actually, there are really not nice worlds." Rama said that's what they used to teach him in church. But that's not it. Everything is God, Nirvana. This is just a dream, it's only transitory.

Rama went into meditation. White light filled the room and the meditation was very deep and pure. Everything was still and silent.

Later in the evening, Rama did a monologue: 'Rama, can we go with you to the next world (in the imitation of a child)?' Rama said, "None of you are at a point where you could ... yet. You're all coming back. (Pause) This is the second to last incarnation." Rama walked forward to the edge of the stage, saying that none of us do all that we

---

could, not even the people who are on staff at Lakshmi. “Do any of you really think that you do as much as you could?”

Rama said, “When someone gives you a compliment or when you’re getting caught up in your ego, remember how far away from being perfect you are. Also remember that there’s always someone who can do it better than you.”

Rama told us that he met Yogananda recently in a high plane. Rama described the total love he felt from Yogananda, but then Yogananda sent a blast of occult energy at Rama. Rama wasn’t attracted or repulsed and just watched it go by. Rama then surrounded Yogananda with gold light. Rama said the whole event was interesting, and that he just fell in love. Rama added that it was Yogananda’s teacher and Yogananda’s teacher’s teacher who were fully-realized.

Someone asked Rama about his relationship with Sri Ramakrishna. Rama said the only picture of a teacher which he has in his room is Sri Ramakrishna. Rama said Sri Ramakrishna was fully realized. Rama added that Sri Ramakrishna is the most “on” (powerful) teacher in this recent cycle.

---

## April 20, 1983 – L.A. Center Meeting

Rama sat up front and started to flip through some papers. Rama announced that after the Lakshmi break, we'd be meeting at the Ebell Theatre the first week and then we'd switch to Tuesdays at the Beverly Theatre near Wilshire and Rodeo Drive. The desert trip would start promptly at 6:30 pm this Saturday and to be on time.

Rama asked us if we had any insignificant questions about procedures before he started to talk about a few things. Rama said the last six tapes would be out next week and the "Lakshmi from 'A – Z'" catalog when we get back.

After our questions subsided, Rama said he was going to ask us a question and give us a minute to think about it and then walk around for answers.

Rama said, "If you knew that you only had a month to live and nobody else knew – life will go on as usual – what would you do with that month? If you want to travel – not go around the world a number of times – but if there's somewhere you wanted to go, then assume you'd have enough money to do it."

After a moment, Rama switched microphones, got up and started up the left aisle. One person said his answer changed. One of them was to go to an island in the Pacific without people and to go surfing. Rama went up the aisle saying that people on the ends were candidates because they were close. Some people said they would meditate a lot. Some people said they would work for others. A few people said they would be with friends. Retrace steps. Travel to Japan.

Rama asked the birthday people and one of the women said she wanted licorice ice cream – no one gave her any for her birthday. A couple of people suggested where

---

she could find licorice ice cream. One person said she wanted to be in Rama's light. Rama quickly and empathetically said that it was not his light, that it is **The** Light.

Someone said they wanted to see all the sunrises and sunsets. Another person wanted to go to the moon. Someone else wanted to see the new *Star Wars* movie. Rama said, "Get a special screening; Lucas would have to be a cold sucker not to do that as someone's dying wish." Someone said, "Have my stuff published so it might help others."

Other comments: "Make a movie with Paul Newman". "Get people to know about Lakshmi." "Give the travel money away." "Have a big party and tell everyone I was moving away so they wouldn't worry."

As Rama walked around, he made the comment, "Why wait?" Rama joked around some, but was mostly quiet.

Rama then went back up front and switched microphones again. He started saying that he had thought about it. "I'd like to go back to a couple of power places in Connecticut and say 'good-bye'. Also to La Jolla beach." Rama said the power places in the U.S. were happening, and that he'd been to the other places in the world in other lives. "I try and tell all of you everything I've learned that could help you." Rama said he's had a lot of neat experiences that he has never told anyone about. He tells us things that could help us, but if he told us what it's like for him, we wouldn't be able to understand it. For Rama, it's totally different: no time, no concepts. Rama said he has to give it to us in concepts and fragments because we still believe in time and concepts. Rama said that he would like to have a big party for us and have an unlimited budget for food.

---

Rama told us it's nice that we want to help people. Also, that he wouldn't know what to do with people sitting at his doorstep. Rama asked, "How would I get out in the morning?" He said he can appreciate all the devotional stuff, but he doesn't know what to do with it. On Rama's way up ("or down, or whatever it is") to Samadhi, Rama always goes through that plane of total love where he just wants to hug everyone and do everything he can for everyone, but that fortunately he goes beyond it. Rama explained that that plane is so intense with love that it gets painful. He said that love is a personal thing; it's not something you openly display or show off like guys in a locker room yelling about who they screwed last week. Rama said, "Real love is quieter. You don't need to tell someone about the time you love them; it shows in your action. Love is what you do for others."

As things continued, Rama pointed out that the energy was definitely building and he felt that someone was going to ask the right question.

A few minutes later, a woman asked, "What do I need to do?" Rama asked her, "What do you think?" She said, "Do I need to move?" Rama told her to wait a minute, and that he wanted to be right next to her. Rama climbed off the stage, walked up the center aisle to the back, on top of and across a row of chairs, down the right aisle, then between some people and sat next to her. They continued talking, as people turned around to watch and listen.

Rama continued to ask her what she thought she should do. She got to the point where she asked if she had to break up her life. They kept talking. Rama said that she is a very high octave soul and told her that she has the possibility of achieving a fully-rounded self-realization, or at least going far enough. Rama said that she just came into

---

this incarnation that way, whereas his other students are working up to that point. Rama said that they have never talked before; they have smiled at each other a couple of times; she never tried to get Rama's attention.

Rama then went back up front. He pointed out that she had to be the one to bring up the possible change. If Rama had done it, it might be okay now, but later she could blame or get upset with him. Rama warned us that this was a specific case. She has a decision to make and we might think we do, but it's just our vanity.

Rama said she has three possible choices: (1) She could leave Lakshmi and try to forget (deny) it and try to lead a 'normal' life, (2) She could stay and choose a personal life, or (3) She could give up her life for others. Rama said that any of the three would be fine with him.

---

## May 6, 1983 – L.A. Center Meeting

Someone asked Rama how she could develop more aspiration like Sri Ramakrishna. Rama said, “You can’t.” Rama said that beings like Sri Ramakrishna or himself are ‘freaks’, and that most people attain realization without being like that. Rama pointed out that Sri Ramakrishna wore women’s clothing for two years and also put on a tail to know Hanuman’s aspect. Sri Ramakrishna would roll on the floor for hours, crying. Rama himself worked for 11 years for his teacher, traveling the world and only had two or three conversations with his teacher the entire time. Rama noted that he’s doing it differently. He told us that people like Sri Ramakrishna or himself go overboard with it, maybe so that people will be able to clearly see the ways, but they don’t need to go that far. Rama added that he tells us about it, so that we can’t get too egotistical about our own selves.

To help us get a feel of his world, Rama reminded us about Disneyland which happened at the end of the trimester. He said that on the Pirates of the Caribbean, he uncontrollably went into a high Samadhi, like Sri Ramakrishna did. Then after that, everything got higher and higher and was all a flow of light. Rama said that after the Electric Light Parade when they were following the eagle and dancing, that was the high point. Rama said that they weren’t dancing because they should and they weren’t in their egos, but they were living joy. Rama said that is what his world is like.

Rama shared his feelings about how the last trimester went. He said that he was satisfied with what we had done, but that he’s very dissatisfied with himself. He said that he’s being very contemplative now and he changing his dream. Rama likes the teaching

---

now, but it won't get us to what's right – like a 100 person group by the end of 1984, or eventually one half of the Center in Level 2.

Rama said that Level 2 is like getting an 'A' in school. He described that in undergraduate school, the average grade is a 'C' with 20% 'B's' and 10% 'A's'. But in graduate school, it's all 'A's' and 'B's' and a few 'C's' and you're out. Rama told us that there are only two people who are presently in Level 2, getting low 'A's'. He added that he's trying to get to know people better, but it's not really happening yet.

Rama stated that all that really matters is the relationship between him and us. He'll love us no matter what we do, whereas, with other people, love comes and goes.

---

**May 10, 1983 – Gathering at Someone’s House with Rama**

One person asked how they can learn to love more deeply. Rama replied, “The only two ways are to meditate on the heart – not just the Chakra – but the quality of love – and to be around the holy, the enlightened.”

---

## May 25, 1983 – Reflection

Our 1983 winter trimester closed with six straight nights of intensity and fun. Included in Rama's last minute attempt to help us jump levels in consciousness were an L.A. Center meeting, a S.F. Center meeting, a meditation dinner party, a desert trip, a trip to Disneyland, and a double-feature in Westwood.

Dear God, I love you! Thank you for all that you are; for being the color that makes up the flowers, the sound that is music, the sensation that is ice cream, the wonderfulness that is softness, the ecstasy of stillness and silence, the joy of love, the beauty of the ocean, the awesomeness that is Rama, Sri Ramakrishna, Krishna. There is so much that you are – everything – when we stop to remember, and even when we don't. All that is everything – in both its essence and substance – is nothing but that infinite consciousness that is you.

---

### **May 25, 1983 – L.A. Center Meeting**

Rama asked us what his jacket reminds us of, and someone said, “Atlantis”.  
Rama said, “Correct. Metal vibrates at a different rate. You should be able to see the Kundalini more easily.”

---

## May 27, 1983 – Neptunian Club

Rama came out wearing a dark blue shirt with gold patterns and sat down in the front.

After we meditated, Rama started to talk about Malibu. He asked us why we thought he asked us to move there. Rama shared with us some facts about Malibu: “If you look at Malibu in the air [flying over], you’d see that it’s a thin strip of land with the ocean on one side and the mountains on the other. It’s a place where the mountains meet the ocean – that doesn’t happen in many places. At some points, the mountains are only  $\frac{3}{4}$  mile from the ocean. So on one side are thousands of miles of ocean and miles of empty land on the other side – there aren’t many people.”

“Malibu is safe from earthquakes. There are fault lines, but the major ones are in the valley and L.A. You do get slides and fires.” Someone asked about tidal waves. Rama said, “There hasn’t been a tidal wave in thousands of years. They start out in the Pacific and there will be warnings. Tidal waves might occur from nuclear blasts, but then the tidal wave wouldn’t be the problem!”

“Malibu is 45 minutes from L.A. – the second largest city in the U.S. L.A. is the only major city with such a rural area only 45 minutes away. The two most interesting major cities are New York and L.A., then San Francisco and Boston, then Denver. San Diego doesn’t count; it’s different than the big cities.”

“In Malibu, you only have to go a couple of minutes to get to a power place, or you can just stay at home and you’re in a place of power. The energies shift very quickly there. If you are in a depressed state, you know that it won’t last long – that’s true with a

---

high state too. At times, I'm at home and all that I want to do is to get out, but then the energy shifts, and it's perfect!"

"If you moved, that doesn't mean it'll necessarily be good – it depends on how you handle it. Remember it's a power place; you can go up very quickly, but you can also drop very fast."

"The people who come to Malibu are interesting. A lot of people live in the city and only come here on weekends. They have a second home out here. The people who live here have money. They could live in Brentwood or Beverly Hills, but they like the ocean, nature. Malibu has only been wealthy for about 15 years. Before that, the people didn't live along PCH. Buildings along PCH are relatively new."

"You have to be careful of these peoples' dreams. They are powerful people, like you. They have a lot of belongings, and they believe the physical matters. Be careful not to get pulled into their dreams."

"Nine months of the year – or at least six – it's quiet. From Memorial Day to Labor Day, it's a zoo, especially during the daytime. The beaches during summer are a meat market. It's more than the L.A. beaches; Malibu draws some very powerful meat. If you want to change levels of attention, go walk along Zuma Beach at 1 pm on a Saturday afternoon. It will have been nice to have had you in the Center! At sunset or early in the morning, the beach is okay."

---

## June 7, 1983 – L.A. Center Meeting

Rama read two letters. The first was from a man who wanted to become a policeman. He had already applied and taken the tests. Rama said that it was fine, it might be a little dangerous, but that it was spiritual.

The second letter was from a man who wanted to drop his job and become a science fiction writer. Rama said that it didn't seem right for him to give up a good research job to go and write. Rama said he should try it on weekends, and that most writers don't do well enough to support themselves. Rama suggested that he try writing some, and if it sells and gets going, then he might make a career change.

Rama then said, "We're going to completely change the Center around. We haven't done it for a week or two; actually, not since we moved from San Diego. We're going to start *A Game of 12 Rings*. It's an old cycle game." Rama said it would be something to do while we waited for the end; there will be a board version of it with cards and dice. The game consists of four levels of 12 modules each. The first nine modules are: (1) Yoga of Love, (2) Selfless Giving, (3) Discrimination, (4) Mysticism, (5) Zen, (6) Dreaming, (7) The Tibetan Rebirth Process, (8) Meditation, and (9) Tantric Mysticism. 10 – 12 will be the spiritual teaching process, theories and methods on running a spiritual organization, superconscious and liberation. Rama said that you go through each module (one at a time – the first nine in any order, then 10 – 12 in order). Each time you complete one, you will get a ring (at a cost). When you finish the game, you start again (on the next level). Rama said, "This is a very Zen game; you are always a beginner, even as a teacher."

---

“When you finish all 48, 49 is to become a servant of the game, although you might not finish in this life.” Rama stressed that it’s a game and meant to be fun! Rama said he would be able to meet in small groups this way. The Center might peak at twice its size – the more people, the more powerful it’ll be. The game is an individual’s side work. Rama would still continue to meet with us on Tuesdays. He said he is throwing everything at us. But we’d do better by being able to learn it in modules.

Rama said for each module, there would be a list of things to do (books to read, getting our careers together) and when we’ve done them, there would be a test or task. Once we completed it, we’d move to the next module. It wouldn’t necessarily be a test; Rama might just tell us it’s over. We can also repeat, until we get it right.

Rama said the average amount of time per each module will be six months to a year. We could take 48 years or 48 months. Rama said, “There’s no rush and it’s not a competition. It’s a good game and after we finish, then what will we do? There aren’t too many good games in life. There’s no rush unless you are just the kind of person who likes to compete with yourself.”

Rama said, “After you finish with the 12 modules, you should be able to go to any teacher and speak their language. The nine ways all represent the valid pathways to liberation, and you’ll learn them all. Rama then asked if anyone felt familiar with the game – no one responded. Rama said, “How quickly they forget.”

---

## June 14, 1983 – L.A. Center Meeting

Rama came in, sat down and looked through some papers. He told us about a change in the game. Rama said that last week, he felt that a lot of us weren't interested in the last three sections, so now it's a game of nine rings. Dreaming was split amongst Jnana, Mysticism and the Tibetan Rebirth Process. The last three (10 – 12) were combined, making it a total of nine. Also, instead of switching sections on each level, we would stay with one module for the four levels, then get our ring, and go on to the next level. He said it's like learning languages, "You wouldn't take a year of French, a year of Spanish, a year of Chinese, a year of German, and then go back to the second year of French." Rama said that if we learn one language (e.g., French), then learning Italian would be easier. Similarly for martial arts; after we've learned one form, it's easier to learn another form. Rama mentioned that the shortest it would take would be two and a half years. He noted that we could only take the Spiritual Teachers module after we finished one other module. Also, for Mysticism, we would need the consent of the instructor; the main problem being obsession and it might not be best for us at this point.

Rama talked a little about each path and how they overlap. He re-emphasized that there's no pressure on competition – it's supposed to be fun.

Rama said we'd get a booklist of the 12 books which have helped him the most.

Rama did a 'Dear Abby' section, which he noted seems to be becoming a regular event. He mentioned that if we write him something, don't write it in such a way as if we won't do anything unless he responds. That's entrapment. Rama said he shouldn't be limited to responding with words.

---

## June 21, 1983 – L.A. Center Meeting

Rama came in, sat down and played with a stuffed crow on a coconut for a few minutes and then we started meditating to *Stuntman*. After the meditation ended, Rama said, “Here goes nothing”, and started to record a talk. Rama brought us up to the level where we could happily and in an unattached way deal with the topic of sexuality.

Everything shifted and Rama became very candid, honest and non-distant. He said that he is not going to let us idolize him and put him on a pedestal so we can tear him down later – he’s on to us. Rama said we need to follow our own path and not be concerned with what others do. When we first became students, it was for the light. If we exaggerate his personal life, it would make a difference, and we should leave. If we want to spread rumors and not grow up, we should split. Rama warned us that whenever something is good, there will be those who try to ruin it. We need to be ourselves.

Rama said that he’s seen us born, dying, married – that he’s like a family physician (laughter). Rama said a lot of us have been together a lot, and know each other all too well; we should do whatever we want. If we need someone to say, “It’s okay”, then Rama said, “It’s okay.”

During Q&A, one woman said that she was once playing the violin and was able to play a piece that she never could before, and she couldn’t do it again. The room became totally still and silent. Rama said, “Sometimes higher beings play with you.”

---

## **July 2, 1983 – L.A. Center Meeting**

Rama stood up and did some mudras. He then sat on his knees and continued the mediation. After it was over, Rama softly said, “To sum it up, everything is Eternity, one.” Rama talked about being a warrior and added, “This is your moment, there is no tomorrow.”

Rama then got up and left.

---

## July 11, 1983 – L.A. Center Meeting

Rama talked about reincarnation. He explained that there are many views of it; some of which differ in details, but they are basically saying the same things. The map Rama is going to present is a combination of the various ways he presented a number of the concepts from the tapes *Death and Reincarnation*, *The Tibetan Rebirth Process* and *Dharma and Karma*.

Rama used the analogy of, “You’re driving along the highway and you pull over at one of those rest stops. You go over and look at the map of all the highways. In one corner, there’s a sign that says, ‘Here you are now’ with an arrow that points to a spot. Now you feel safe, you know where you are. There are two sides of the study, what’s on the map and what’s beyond the border. What’s on the map is knowable to your reason, the other region isn’t reasonable or logical. They’re both one, but for now, it’s good to see them as two.”

Rama described karma as follows: “There’s a popular notion that karma means if you give someone a present today, tomorrow or in a future life you’ll receive a present. Karma really has to do with your field of attention. It can influence the physical. You’re driving down the highway in a good mood, then someone cuts you off and you almost get killed. Just ahead there’s a traffic jam. Stopped in traffic, the guy who cut you off is now next to you, and his window is open. The music is blasting; he’s just hanging out, totally oblivious to the fact that he almost got you killed. Being angry, you start swearing at him using a variety of expressions which you’ve learned in your past lives.”

---

“Your anger has caused your level of attention to drop. This happens a lot to people, but they don’t notice it. People live in the moment; they don’t remember what things were.”

“If you’re nice to someone, they’ll be nice to you. It’s usually the opposite in this world. Mr. Gandhi worked his whole life for others and was murdered. That’s Maya, you forget.” Rama suggested that ‘in the moment’ is a very limited place; that we need to step outside the moment.

After the second meditation, Rama continued his talk. “Most people [in the West] think of karma as being a negative thing. If you get in an accident: ‘that’s my karma’. Or if you’re audited by the IRS – fear comes up when you mention the IRS. Karma is a positive thing; it’s based on intention. When you think a nice thought or help someone, your level goes up.”

“Just like the ocean; at the very bottom – hundreds of fathoms down – there is very little light. As you get closer to the surface, there’s more light. Then you break through into the air. Most people pick a level in a given lifetime. Let’s say, 500 – 600 fathoms – and go up and down within a given level. The highest point being when you’re happiest – not necessarily happy outwardly – but peaceful or joyous – happy in the broader sense. The lowest point being when you’re angry or depressed. The highest point being set at about age four and the lowest point from during adolescence – self-discovery causes the level where you are to increase.”

Rama continued, “Things only have value if we give it value. The parable of the Ferrari: one guy doesn’t even notice, another guy walks by and stops – it’s been his fantasy – he used to read *Car and Drive* magazine. He pictures himself driving it, the

---

perfect person next to him, wind blowing his hair, radio blasting. He thinks of touching it but doesn't because it might have an alarm. The other guy didn't even notice it."

---

**July 12, 1983 – L.A. Center Meeting** (*Rama's talk can be heard in its entirety on "How to Make Friends with God" – Insights Series*)

Rama turned on a tape and started to record the talk. He opened with some inspiring thoughts on humility and then started to talk about God, which was the first time he has ever given a talk about it. Rama said getting to know God is like getting to know a bird; at first, you offer it some food without any expectations, and as time goes on, it might come to visit.

With God, the offering is friendship. If you love God and want to be friends, then the process is easy. If the person you love is at the top of a mountain, then climbing the mountain is easy because you are thinking of them, and with each step you are closer to them. If you love God and care about God – and not just thinking about yourself – you'll get to know God. You shouldn't hate yourself, because God is you and then you are just hating God.

If you are not at a point where every moment is a complete love of God – but that happens sometimes and you want it to happen – Rama suggested that you get to know someone who is good friends with God and maybe you'll get invited to the party.

---

## July 14, 1983 – L.A. Center Meeting

We meditated to music from *Stuntman*, *Logos* and *Kamikaze 1989*, all by *Tangerine Dream*. After we finished meditating, Rama said it was “one of the strongest meditations ever up here.” He talked about being drunken with God: “You’re looking at it!” Rama suggested we smile more often. Rama said that when he first started meditating, he would start to smile more. Rama said, “At times, it’s the only thing that the body can do.” Rama would smile for 15 minutes and his face would hurt. Now he can smile for hours, “like the Cheshire cat.”

Rama mentioned that he saw a lot of us would like to go to Hawaii. He remarked that it’s a nice place, but “... it’s of no use to take a group of people again who are the same people who went last time.”

---

### **July 15, 1983 – Restaurant Setting (location unknown)**

Rama told us about his experiences in dreaming recently. Rama said, “I was at home, and there was an earthquake. Everyone was running around panicking. Rocks were falling. I was just standing there, being happy. Everything else faded away and there was light around it, like Castaneda finding his hands. I was walking around a restaurant in Santa Monica. I just walked all around it. I’ve never been there.”

The conversations continued. Rama then became quiet and closed his eyes. A stillness started to radiate from him and we all became quiet. A minute later, Rama sat up in a more meditative position.

A few minutes later, Rama came back and slowly more conversation began. The waiter brought in some coffee. Rama said that was instantaneous Samadhi. Someone asked, “When that happens, does it usually last a long time or just a few minutes?” Rama said simply, “There is no time.” After a brief pause, Rama said, “At first the voices and sounds become distant. They become like a continuum. There is no separation. It’s like being in the sky, but it’s not like that.”

---

## July 18, 1983 – L.A. Center Meeting

Rama came in and sat down. He was wearing light-colored pants and his gold metal jacket. He told us about the evening's format: meditation, talk about meditation, meditation, talk on *Tantric Mysticism* and a final meditation. He said that tonight we would be meditating to *Tomita*. At times, it's melodramatic and at times, funny. He likes that. Rama said, "We'll meditate for seven hours. Afterwards, I'll talk with the five people who are left." We started to meditate.

After the meditation, Rama started to talk about meditation. Rama used the framework of Beginning, Intermediate (stopping thought for extended periods of time), and Advanced (Samadhi). He talked for a while about the Beginning stage (the first four – five years), including: cleaning up our lives, detaching ourselves from thought – splitting into thought and no thought, seeing possibilities, and starting each session with gazing, etc.

---

## July 25, 1983 – L.A. Center Meeting

Rama started a discussion after the break. “Dinosaurs used to rule the earth. They were large and powerful, but now they’re extinct. Just then, a dinosaur egg which has been under the theatre hatched – all the Kundalini revived it!”

Rama then started to tell us we are here for power. He said a profound majority of us (especially the women) were occult-oriented. Many of us have been with Rama for a long time (Atlantis and pre-Atlantis). We are out in the audience and Rama is up on stage because we haven’t listened to him. We are a group of mystics and he’s an occult teacher. Rama said he doesn’t say too much because people wouldn’t understand.

Rama said he knows that all of us are interested in power (except for maybe three people and they are not who we think, and it’s not us). We are here because we can feel Rama has power; he’s talking to a side of us that our conscious mind might not know or admit to, because other sides don’t want to let it be known. Rama said he sees all the beings within us.

Rama kept emphasizing, “Don’t worry. I see what’s going on.” Rama said that *Star Wars* in a way was right – there is a light side and a dark side to the force. Rama is on the light side – he’s like Yoda. (Rama then imitated Yoda).

Rama told us that we want power, but that we need a lot of humility and purity. We have to do it his way and if we wait, we’ll get it. Rama said he works for a company that has very strict methods. They would rather lose the job, than not do it right.

Rama said we came back for power and he’s saying that we should look at selfless giving, light and perfection. We get power as we go, but we also have to learn refinement. Rama said he will only give us power in time, or else we’ll abuse it again.

---

Rama said there was more, but we weren't ready and would just misunderstand it. We meditated before ending the evening.

---

## August 1, 1983 – L.A. Intensive

Rama talked to us about the process and what an intensive is. He talked to us about four levels of looking at a person: (1) People, (2) Field of awareness, (3) A group of awareness interlinked (like the Olympic rings), and (4) An intersection of a number of planes of awareness. Rama continued to talk from the rings point of view. Each person has a set of rings, is a perfect part of God; but there are other perfect formations of God which we can be too. The process is on one level, a way to explain it, and on another level, a way to break up the current pattern, so that it'll reform in a clearer way. We die again and again; the teacher takes us by the hand and shows us it's okay.

Rama pantomimed that to his left is a person and to the right is the enlightened being and in-between are lots of personalities. We die again and again and finally become enlightened; near the end, this happens a dozen times a day. The intensive is to break up the pattern. No person can re-order us. Like the wind, you are a clump of leaves, throw it up and the wind re-orders it. The best you can do is to be the wind.

Rama said sometimes he's in Nirvana and other times he comes down a little and scans the room, sending the Kundalini in specific ways. Nirvana is like driving a car; sometimes you drive fast and sometimes you don't. Sometimes it's better not to ...

Rama talked about having enthusiasm. People live as victims of circumstance. You can learn to create enthusiasm, joy by reaching to God for it.

Rama talked about a teacher as being one who corrects you. People don't like to be corrected, but how then would you learn later, when you reach the superconscious? It corrects you, and Nirvana is much more demanding than a human teacher.

---

After the break, Rama started to talk. “Life is a mystery. You never know what will happen next. You should never pre-suppose how far you’ll go in any lifetime. There is only one lifetime – this lifetime is all your lifetimes. There’s only one moment, not the moment in the world. You may go all the way to enlightenment, you may not. You shouldn’t pre-suppose how far you’ll go. Trust life and learn from it, listen to it. It’ll do what’s right; beyond the bounded circle is an open circle.”

We meditated to music from *Stuntman* and *Logos*. Rama ended the meditation and talked for a moment. He said, “If you want information about anything, go to the information table. By the way, the most used Coke machine in the world is in the Grand Canyon. That was from *The Guinness Book of World Records*. The information table has the Pathway to Enlightenment. They don’t have enlightenment, nobody has that. I work and go into Samadhi, dissolve, become God and that’s not enough? People want teachers to tell them how to live. I worked for years, lifetimes and you want it in 10 minutes. I’ve been through all you go through.”

As Rama walked out, he was so light and bouncy, like gliding on a cloud.

---

# Rama Experiences – 1984



---

## February 15, 1984 – L.A. Public (UCLA)

Rama said that sometimes, we have the same dreams. But when coming back from Nirvana, you also come back to a different dream. We see Rama as the same, but that is our dream, not his dream.

Rama said, “You’re going along, meditating and one day, you see life in a whole new way.” Rama said that he doesn’t have one thought all night. He doesn’t sense time passing. At some moment, something will push him to leave and then he will leave.

Someone asked, “Do you have to constantly work on detachment?” Rama replied, “For the Buddha, it was easy for him to say ‘drop all of your attachments’. He was enlightened. For some people, they like working on it; for others, it’s no fun. It’s up to you. Yes, you have to eventually become unattached to everything.”

---

## February 16, 1984 – L.A. Public (UCLA)

Rama told us the story of Willoughby from *The Twilight Zone*. A man was taking the train home, carrying the Wall Street Journal and a briefcase. On the way, he fell asleep and dreamt that he was on an empty 1890's train. An old-fashioned conductor came by saying, 'Willoughby, Willoughby'. The man woke up and was back in current time heading home to his wife and kids. He fell asleep a couple more times and was again on the 1890's train. Then one time after falling asleep again, the man got off the 1890's train and walked around. Some people were gathered, saying that he had said something about 'Willoughby' and just walked off the moving train. The funeral car said, 'Willoughby Funeral Home' on it. Rama added that they threw that extra piece in, "You never know quite what's happening." (*For a full understanding of this story, please refer to: 'A Stop at Willoughby' online. This was episode 30 of 'The Twilight Zone' and Rod Sterling cited this as his favorite story from the first season in this series.*)

Someone asked, "How can I stay inspired all of the time and not fall back?" Rama replied, "We all want to know that. The answer is love. Love is it. Everything else will fall away. Fall in love with God, a deeper love."

Someone asked how she could succeed in business. Rama suggested she join a rotary club. Rama said not to join success groups; the only people who succeed there are those who run them. Rama said to learn anything, find who we consider to know the subject the best and who we are most comfortable with, and develop a rapport with that person.

---

Rama asked in a playful manner, “Do you know what a ‘Kundalini’ is? How do you care for it, water it, walk it? Where can you get one? I’ve had one for a long time and it’s done very well.”

A boy asked, “What do you do about egotism?” Rama asked, “How old are you?” The boy said he was turning ten. Rama said, “Ten is a difficult time. Nine was easy. Don’t think about yourself. Think of others and helping them. Or work on yourself, so that you will be able to help others better. Laughter is good too. Stand in front of a mirror – not for too long – and take a look at that very important person, and laugh at yourself.”

At the end of the evening, people stayed in their seats and were hesitant to leave. Rama joked that we stayed because we had no place else to go. He brought up the image of a grandmother, sitting and rocking with pictures around her, just passing the time. As people get closer to death, some things become more relevant to them. Rama suggested that we consider it. He said, “You never know what life might do with us.”

Rama talked about the moment when you are about to reach an epiphany. People tend to just sit back. It could just be another night when we sit there and then leave. Or, we can bring together all of our meditations, high moments, high thoughts, good aspirations, and make a breakthrough. We will never be the same again.

Rama then told us that we stayed for love. Rama said it’s not power, but it’s love that we need to learn. Rama said goodnight and after a few minutes, he left.

---

**February 24, 1984 – S.F. Public – *Why Don't More Women Attain Enlightenment?***

*(To hear to this talk in its entirety, please listen to “Why More Women Don't Attain Enlightenment?” from the Insights series.)*

Rama came in and sat down on a wooden chair. He played with his thermos and selected a tape. Rama introduced himself and said he was first going to talk about enlightenment and then get into *Why More Women Don't Attain Enlightenment?* Rama told us that it wasn't being given from a man's point of view, but that he was more like a coach. Rama talked about being androgynous too.

Rama talked about how the subtle bodies are different and that women are more conducive to light – like a sponge – but that violent energies, often linked with sex, hurt women more than men.

Rama talked of women being subjugates throughout history and the idea of how one (or a group) subjugates a group. Rama talked of economic, political, religious and educational subjugation of women.

Rama said that in times of repression, some weapons might be used that normally wouldn't be right – the sexual manipulation of the second attention. Rama explained what women do to wrap men. Little girls watch their mother push around their father, and those little girls practice what they learn. Rama said manipulation precludes enlightenment.

Rama suggested that people just watch what happens for themselves. See how you feel after relating, and try not being a 'Revlon commercial' for a week.

---

Rama suggested not pulling the attention of others and being picky with whom we interact. He also noted that the harder challenge was dropping the description of being a woman, which we have been given.

---

## March 1, 1984 – Beverly Hills

Rama opened the evening up to questions. Someone asked Rama to define humility. Rama responded, “Getting out of the way.” He referenced Don Juan’s not bowing to or being bowed to. Rama talked of not hiding, just getting out of the way and letting your deeper self do it.

Someone asked about Rama’s path. Rama said his main influence was his mother; she told him that men aren’t nice to women. Rama mentioned Thoreau and said he once spent a night at Walden Pond.

Someone asked Rama how to make decisions. Rama talked of not thinking about it while you meditate; not to grab, as people do, but to watch what we do. Rama gave an example of a helicopter or airplane. We can try to figure it all out, but people usually don’t go by that. They go by their impulse at the last moment; so why not do that from the start?

Rama talked about going in and out of Nirvana – hourly, minute-by-minute, and after a while, every second.

Rama began the next meditation while standing and doing mudras. Rama disappeared a couple of times, with his hands re-appearing first. After a moment, there was a shift, and everything became bright light blue.

Someone asked Rama if he planned to write his autobiography. Rama said you sum up your life and can then let go of it.

---

## March 5, 1984 – UCLA Intensive

Rama talked about meditation being the cessation of all thought. He said we meditate because we love light, or don't love darkness. Rama talked about how methods can hold us down, but that they are right for some people and useful at times. Rama told us that tonight he was going to show us a number of ways to meditate: by focusing on the heart, on the third eye, and by watching him.

Rama first asked us to close our eyes and to focus on the heart; then he asked us to open our eyes and watch him meditate. Rama then started to talk for a few minutes. He said that it would take a few minutes to settle, and then we'd focus on the third eye.

Rama then asked us to close our eyes and try harder, then he asked us to open our eyes and watch. Later, Rama asked us to meditate and not to focus, to practice with both eyes closed and then open.

With the closing meditation, Rama said he was going to "...bring out the old bottle – 99 proof Kundalini, for when family comes over – no more of those whiffy meditations!"

---

**March 22, 1984 – S.F. Public *Why Don't More Women Attain Enlightenment?* (To hear to this talk in its entirety, please listen to “Why More Women Don't Attain Enlightenment?” from the *Insights series*.)**

Rama came in, took off his jacket and was wearing a purple looking jumpsuit. He sat down up front on a tan plaid couch. Rama started off by saying he was surprised that so many people were there, that it was a pretty superficial talk.

Rama shared with us his history of teaching and seeing that men and women are different in how we approach meditation. Rama's approach is that of a coach trying to help people win in the Olympics; he has to consider the differences between men and women, and that he has no preferences. This talk could be called, *Why Don't More Women Attain Enlightenment?* Rama said not too many men have, but it's slanted, and that women have attained it even less. Rama mentioned that as an athlete, diet, exercise and schedules become relevant, but wouldn't be of interest to normal people; they might just jog. In the same way, this talk only applies to a few, those who want to attain enlightenment and of those even less – those who are interested in the enlightenment of women. Rama stated that these are the disclaimers, so now he can say anything. Rama said, “So feel free to leave at any time.”

Rama asked, “Why don't more women attain enlightenment? Men. Well, we could wrap it up and go home. That's it. People come up from L.A. and that's it; that would be really Zen. But it wouldn't help people.”

Rama went into what has happened to women over history. This is not just a group of people or a race, but over half the race has been subjugated for thousands of years. Rama said, “If you want to subjugate people, if you are a dictator, a sort of

---

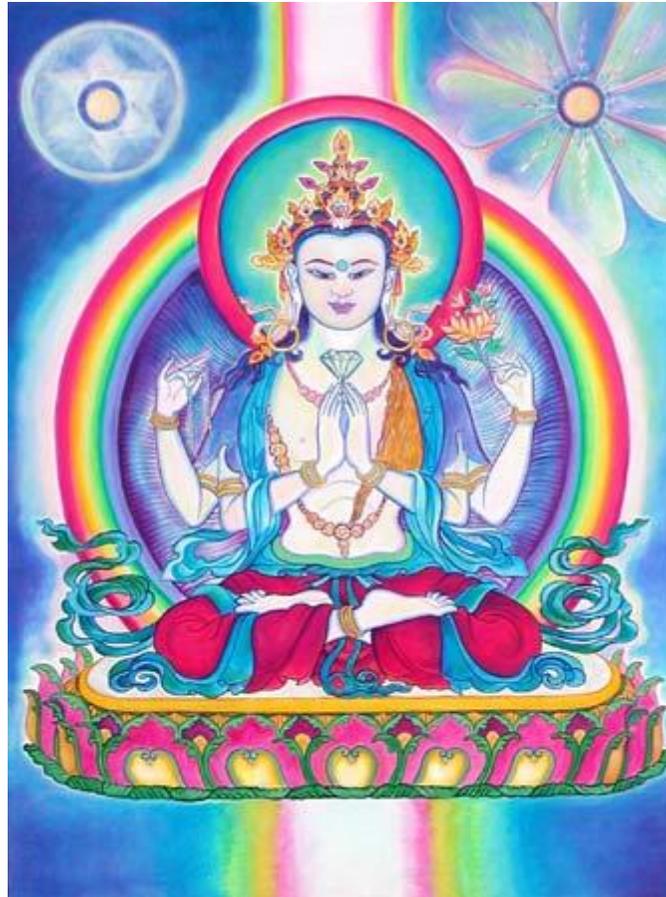
modern version of Machiavelli's *Prince*, first you immobilize them. Women were denied economic mobility, and education; then you convince them that they're inferior, so that you'll control them. Women were used as a sexual convenience, and to do the housework, and that's it. Husbands could even kill their wives without repercussions. The courts were all men and they didn't care. They were convinced of their inferiority – 'the weaker sex'."

Rama continued, "In religion, they weren't allowed into the hierarchy and couldn't become priests. Many people think that in the East, it's right, but many Buddhist sects believe that to be born a woman is a lower birth, that they should pray in their next life to be born as a man."

Rama then turned the conversation to the subtle physical differences between men and women. There are two reasons that women are more sensitive: (1) They conduct light more readily, and (2) The Kundalini flows more easily through a woman than a man.

---

# Rama Experiences – 1985



---

## January 10, 1985 – Beverly Theatre Intensive

Rama said, “The average person has 84,000 incarnations.” Rama is sitting onstage at the Beverly Theatre, with two trees, two Oriental lamps, a gold sitting Buddha, a wooden partition background, a white couch and his briefcase. Rama did mudras that swept white light through our beings. Joy and inspiration were high in the room.

Rama bounced back-and-forth between the paths of power, love, selfless giving and Jnana yoga. Rama started to talk about self-realization, “Krishna asked Arjuna, ‘Where can I get a good ice cream sundae?’ – that wasn’t in your book’s translation!” Rama continued, “What Krishna said was, of all those in the world, who really seeks God?” Rama was suggesting that our odds aren’t that bad. He said, “Most people don’t care about these things. That gets rid of a couple billion right there – your odds just improved greatly!” Rama suggested that only 9,000 – 10,000 people are really seeking. He also said that we need 30,000 – 40,000 lifetimes to get into the pageant. Having a lot of lifetimes makes a person more powerful, but not necessarily smarter.

Rama discussed the paths of love and power. With the path love: be nice first (a saint), then learn power. With the path of power: get power first, then to learn to be nice. With the path of love, there is a danger of getting caught up in self-love. With the path of power, there is a danger of the fear of losing power.

Rama shared that in becoming self-realized, the being is always glowing. There are no more dark rooms. The being is ecstatic 24 hours a day.

Rama said that from 1985 – 2015, we will experience 30 years of spiritual darkness in the Kali Yuga. Rama said that banding together can help.

---

Rama said the network is available to us 24 hours a day. A network of light is always available; more channels than we can imagine, and this can help us.

Rama shared that the fun is in giving; when you give to someone, you are helping yourself. Treat your problems as friends; take them out to lunch! They are all God.

To the new student, Rama shared concepts around meditation, new clothing, make-up, exercise, practicing mindfulness during the day (consciously saying “No” when thinking of the past), and making friends with God (everything).

---

## April 18, 1985 – UCLA

Rama talked about the psychic and mystical sides of the study. The psychic as being clairvoyance and the mystical being very fast changing or traveling from world-to-world. Rama talked about the light and dark side, his bias being the light side. Rama used the gesture of a giant blackboard being behind him. When we're born, we have a clean start (empty blackboard), then people start to write things on the blackboard before we have a say. Parents, teachers, neighbors ... teach us how to think and talk. After a while, the blackboard is so written on that it becomes unintelligible. In self-discovery, we choose what to erase and what to keep. We erase large sections, or maybe even the whole thing – and then re-do it from the beginning ourselves.

After a meditation, Rama asked for comments on what people had seen or experienced. Someone asked if Rama was telling a story with his hands. Rama responded, "Yes."

Rama asked how many people saw light during the meditation. About 50 people raised their hands.

Someone said she had seen a lot of white light. Rama told her she shouldn't make a big deal about it, or she'd miss it when it's gone.

After the second meditation, where we touched our Heart Chakra for a moment, focused on it and then let go, Rama again opened it up for questions and comments. Someone asked Rama who his spiritual master was. Rama responded, "I am one."

---

Someone said he was starting to question his own reality. Rama told him not to worry about it, just to live it. Rama said that some people want to tear it apart, but for him, it will work out in its own time.

Someone asked what to do with our own sides that hurt or limit others. Rama said that everyone out there is manipulating others and we do it too. Rama said there is another way that has more power. The master/slave situation is not good; the slave will end up hating the master. It's nicer to let people be free. It happens in relationships. If a person changes, that's good, but old habits reoccur very quickly. It might be best to leave the person until you work it out later. To explain this to them, that would be really loving them.

Someone asked about being too much nagual vs. tonal. Rama said, "Move to the East Coast. People who are seekers on the West Coast can tend to be less grounded. People aren't designed for too much nagual."

Someone commented on sometimes seeing a blue circle. Rama said, "Next, it'll be a yellow triangle with purple stripes, then gorillas. They'll last a couple of months, but it's intense." Rama suggested trying to go through the circle with your whole being. Rama said, "Then there won't be the blue circle anymore; you'll be on the other side."

Someone said she saw Rama's face change and asked why. Rama said that he's part of a corporation. He said, "Offices in every conceivable dimension. They're looking for people who have forgotten who they were – to expand their awareness."

Rama mentioned he had watched a *Star Trek* episode where a lady went to Vulcan to study. Afterwards, she was asked about it and Rama said, "They didn't teach her to be psychic, but instead how to tune out others' thoughts."

---

**April 28, 1985 – Boston Public** *(To hear this talk in its entirety, please listen to “Psychic Development” (parts 1 and 2) from A Workshop with Rama.)*

Rama divided the study into three areas: (1) Psychic, (2) Mystical, and (3) Spiritual. To Rama, these are all one. Rama stated that in the psychic, “intention is everything!” Two other main points made by Rama were: (1) We are affected by others a lot, and (2) It’s important to be well-grounded.

All meditations this evening were to live music. The first meditation was on the Heart Chakra. The second meditation focused on bringing power from the Naval Chakra to the third eye.

Rama then talked about Boston. He compared it to L.A. and said Boston was smaller and had more trees. Rama talked about his Scottie dog and the phase where he was playing with Rama’s shoes. Rama said people were warned not to bring in their shoes, but if they didn’t listen and the Scottie (who liked fine Italian leather) got them, they couldn’t get mad at the Scottie. Rama said it was the “fair game principle.” Rama said this was the phase his dog was in, but that the dog had power.

Someone asked about the future and predicted disasters. Rama first downplayed the physical problems, explaining that the Maya will get thicker. It’s harder to make decisions and people think it’s themselves, that they’ve lost their inspiration. It’s also harder to find light, but a secondary power will also be available in the Dark Age. Rama suggested that it will affect everyone: politicians will make more mistakes, and there will be storms, tsunamis and other disasters.

The third meditation was the Dance of the Rama.

---

Someone asked about chronic pain and migraines. Rama said most of it is caused by others. Rama gave the analogy of the smiling person putting arsenic in our coffee, slowly. If we can see them, then we can do something about it.

Someone said she listens to music that makes her high, but then she cries. Rama said it was an old self that had come back for a moment, and that she had woken up.

Rama talked about music and said it could really help expand consciousness. He said composers reach out into other worlds and bring them here. The personal power of the performer makes a difference. Two performers can do the same piece well, but with different feelings. Rama said he once listened to Ozawa conduct Bach's *Saint Matthew Passion* and had a nice four hour meditation with it.

Someone asked if Rama is a spiritual leader. Rama responded, "I'm not a leader. I'm a teacher of mysticism."

Someone asked about being young. Rama said it's good to be a child; they know things and they don't think. It's one of the caretaker personalities. Rama said, "It's nice to be able to switch. Like every day you wear the same outfit, but it's not really happening, so you take it off and you go naked. Now, you get a new set of outfits. There are different caretaker personalities: the warrior, the seer, the mystic and the lover. If you change your appearance a little bit and go into work tomorrow, people will be uncomfortable. People don't want you to change."

Rama talked about being psychic. He said 2 out of 100 people are very psychic. In Atlantis, the high person would pick out the psychic children and offer them an education in the temple.

---

Rama said the population will be double by the year 2000 and double again in 15 years.

Rama talked about some of the bigger countries like India and Japan where psychic abilities are accepted. America is not that big.

---

**April 29, 1985 – Boston Public** (*To hear this talk in its entirety, please listen to “Enlightenment and Self-Realization” (parts 1 – 3) from A Workshop with Rama.*)

Rama held the third public in Boston on Self-Realization and Enlightenment. To start the second meditation, Rama explained that he was first going to show us some movements without music, and then ask us what we perceived. Rama did a series of movements while standing up. Rama paused for comments. One person felt shifts in energy, another saw many faces go by. Someone heard the music changing, another saw Rama grow very large. Someone said everything got very still. Rama said, “Yes”. It was still in our minds, not many thoughts. Rama said, “The stillness is what it’s all about.”

We then meditated to music, as Rama moved the energies around while dancing. Afterwards, Rama said goodnight.

---

## **May 1, 1985 – Boston Public**

Rama was being very honest as he reflected on people who asked questions about things they needed to work on.

During the first meditation to live music, Rama sat still at first and then added some mudras. There was so much white light.

During a short pause, Rama did a series of slow shifts while standing: two turns to the right and then a turn to the left.

Rama explained that it was the energy that it's all about, the rest being rhetoric. Rama said he is looking for students from other lifetimes to finish them and to become enlightened.

Rama asked us to move up towards the front. He mentioned something about the people in the back being an old tribal thing.

---

**October 15, 1985 (location unknown)**

Rama said, “If you think today is going to be just like yesterday, it’s time for a change. Each day is new and unique, wonderful. That’s all we have, the day and the night.”

Rama said, “People spend \$10,000 on a new car, \$300 on new clothes, \$1 – 2MM on a new house, but they won’t spend anything on learning to expand their attention.” Rama said he is an ‘educator’ and we need to feel good about ourselves.

---

**November 16, 1985 (location unknown)**

Rama said he was going to show us a simple application of power; he was going to shift our attention and the attention of the place. Rama stopped talking and everything became immediately quiet and still.

Rama said, "To do anything, you need: power, belief, knowledge and practice. Rama said most people lose power either in relationships or in thinking.

Rama said we pick up a lot of fear and doubt from the three million people on the planet. We end up thinking these thoughts are our own. If we went to a mountain or place that is less populated, after a while we'd have very few thoughts and they would be different from the day-to-day ones that we have now.

Rama talked about the importance of living in a place which resonates with us. Rama said the earth is a living organism and its force varies by location. Rama said that some places hurt when we are in them, but people just think that it's ourselves that hurt. Rama said it's important to be in places that make us happy, to spend time with people who we're happy being around, and to do things that are happy.

---

### **Fall of 1985 (location unknown)**

Rama reminded us of the net, and wishing all well. In response to a question about helping to heal others, Rama said it's a light pink light (like looking at the sun with eyes closed), letting it flow through you and towards the person.

Rama said selfless-giving keeps him going. He said people only do things for themselves in this world. Only once in a while someone maybe does something for someone else. The teacher has found an axis point and has enough power for themselves, and gives to others.

Rama asked us how much time we spend on our awareness; it should be everything, all day. If someone calls and asks, "What's up?" and we answer, "Nothing", that's our life.

Rama suggested it's important to make separate lists to identify where we gain and lose power. Rama said that we don't need anything or anyone. As we continue with our practice, we will find completion from within.

---

## 1985 (location unknown)

Rama opened the talk with us 'being everything'. He asked us to close our eyes and imagine a place that has everything, all possibilities. Rama said we are that.

Rama said, "We're a set of dimensions that come together for a time. As we shift worlds or dimensions, we're a different being."

Rama meditated with us, using two different techniques: (1) Red triangle in our third eye, and (2) White (clear) circle around our navel.

Rama said, "When you are in a good state, you're glowing and have a strong physical."

Rama spoke about intent being everything, what we're trying to do and how we go about doing it.

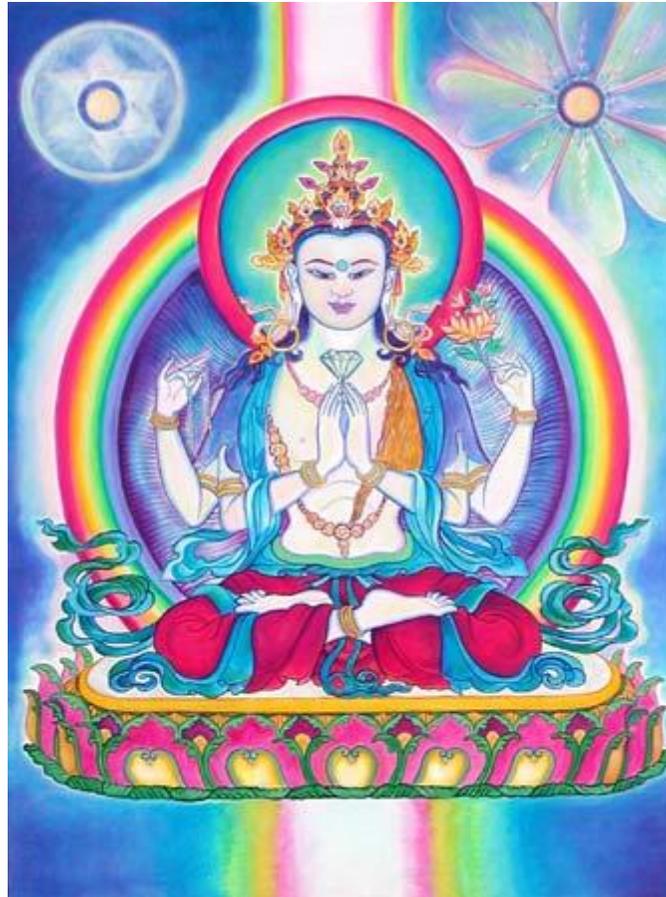
Rama said it's important to have belief, not in anyone or in anything in particular, but belief in ourselves – or just belief.

Rama talked about dying: "Just because I can't move or breathe, doesn't mean I am dead."

Rama said in Atlantis, it was very easy to meditate. He said he was going to paint a picture for us, of Atlantis. He was going to tell us a story, in our minds. That's where dance began. Rama suggested that we watch with our eyes open and then closed.

---

# Rama Experiences – 1986



---

**March 6, 1986 (location unknown)**

Rama explained why selfless-giving works. He said, “You bring energy through you for someone else – more than you need for yourself – and it affects you as it passes through and some energy stays.” Rama said selfless-giving works because we also get enough energy for the other person.

Rama talked about psychic contact: soul mates, *ET* and Elliott (“We are dying!”). Rama said one person can see Rama and see, feel and understand, whereas, someone else might just see the body.

Rama shared with us two koans: “Why did Edgar Cayce become psychic after falling off a ladder?” “What makes you think there is a good decision?”

Rama said there is Eternity in a loaf of bread and in grapefruit juice.

---

## **November 15, 1986 – L.A. Public**

The fourth evening: amidst an amazing amount of honest answers and truth, we did a Zen walk. Rama described it as just walking by him, no big deal – like walking into the room. We went section by section. We stood waiting for each row to take their turn. It felt like being in the desert, even though we were in the middle of a hotel ballroom. We walked back to our seats and sat down to meditate.

Rama talked about viewing life as if we were on the top floor of a hotel. One window has a beautiful ocean view, another has a view of the city, and another view is of beggars. We can watch everything from a distance, and none of it matters.

---

## December 12, 1986 – L.A. Convention Center, Night 1

Rama talked about ‘urban destruction’: desire to go to shopping malls, Spock on the bus in *Star Trek IV* and the helping man in *True Stories*.

Before the break, someone asked Rama how not to get hurt in the dream world. Rama answered in terms of the fact that some beings and people try to hurt us, and some try to help us. In order to protect yourself in dreams, you need to keep your power level as high as possible, all the time.

Rama said we shouldn’t listen to our thoughts until after our morning meditation. He said instead of thinking negative thoughts about people, places and things, we should think positive thoughts about them or not think of them at all. Rama gave the example of the ‘Helping Man’ in the *True Stories* movie who held the image of the man finding his wife. Rama said that he and other teachers hold positive images of students to help them to succeed. Rama said that by holding positive images of ourselves and others, we’ll gain a lot of positive energy. When we focus on negative sides of people, places and things, it only strengthens negative thoughts in us and holds them there too.

We meditated on our Naval Chakras to *Underwater Sunlight*.

After the break, Rama talked about balance, being ourselves, and feeling the still center amidst the spinning worlds. Rama said that by focusing on the still center, doors will open.

We then meditated on our Heart Chakras to *Ancient Dreams*.

---

## December 13, 1986 – Japan American Theatre, Night 2

Rama suggested we meditate with intensity and go for it with everything in each meditation. We should also practice mindfulness during the day and night.

Before the break, we meditated to *Freeway Nightmares* from the *Urban Destruction* album.

The next meditation was a ‘triple meditation’, where Rama showed us how to go for it with everything we have, while listening to *Urban Destruction*:

- Navel – *Psychotic Dog* and *Bag Lady Blues*
- Third Eye – *L.A. Digital Dreamscape*
- Navel – *Freeway Nightmares*

Rama told us it’s a good idea to put off all major decisions until the last possible moment. Then we will have all the data; if we decide earlier, we might change, but still do it because we feel obligated.

After the break, Rama talked about the koan of delusion and illusion. Rama gave the analogy of the sun being the center of the solar system – but not necessarily – someone just said it was that way. Rama said we think we are the center of our universe, but maybe we’re not. Rama suggested we might start to think that it’s someone or something else – Eternity.

Rama said he doesn’t see the audience or the room; he sees diffuse patterns of light – while at the same time, he can pay the bills and talk to people.

---

# Rama Experiences – 1988



---

**February 23, 1988 – N.Y., Night 4 – National Personal & Professional Development Seminars (NPPDS)**

Rama suggested that we think of ourselves as “success looking for a place to happen.”

---

## **April 15, 1988 – Marriott Hotel, Reston, VA**

Rama talked about spiritual outlaws and said all teachers are spiritual outlaws by definition. Rama said we don't fit in with this world, and that's why we will turn into spiritual outlaws.

Rama talked about moving the assemblage point and breaking up our routines. Rama asked us, "What's wrong with the people around here?" Someone replied, "They're satisfied." Rama replied, "Exactly."

Rama talked about moving to N.Y. Manhattan is a place of power and has three miles of bedrock/minerals. Rama said good things about Westchester County.

Rama said we need a combination of balance, discipline and power. If we only have discipline, we are dead. If we only have power, we will go crazy. The middle path is between the extremes.

Rama said we need the velocity to break through the conditioning and deadness, to get to the stillness. That's why Rama is showing us the short path; our ideas don't always match and we make it longer than it needs to be. Rama gave an example of a mountain: the path around the mountain isn't short, but if we go straight up, we'll die.

Rama said that as he talks, we can match all the things we've done against what he was saying and see where we went off-track. We should focus inwardly on the nexus.

Rama said the only rules are: (1) Do not push into Rama, (2) Do not interfere with the study or seminars, and (3) Do not interfere with the other students. If we follow these rules, and show up in better states of mind each month and pay the fee, we receive unlimited energy.

---

Rama talked about money and how that buys us freedom. He gave the example of driving a big, new Mercedes to work, to the market – that will change us. Rama’s intention is to have his students make enough money (\$75 – 200K).

---

**April 18, 1988 (location unknown)**

Rama spent most of the evening reviewing the changes that were being made; the idea and images of becoming a spiritual outlaw, being independent. Rama said the three most important things for us to focus on are: (1) Meditation, (2) Martial arts, and (3) Career development (making >\$100K). Rama said we need physical, emotional and mental freedom. He gave the examples of: earning a black belt, being able to say goodbye to our families, and being able to be fired.

---

# Rama Experiences – 1989



---

## **July 15, 1989 – Hyatt Hotel, Greenwich**

Rama talked about a way to live based on the Eastern ways. He said there is no written plan used to build a monastery. The first room is built, then a person sees what the next space wants, and they build it without putting ego or their own viewpoint on it.

---

# Rama Experiences – 1995



---

**November 12, 1995 – Learning Annex, ANA Hotel, S.F.** (*Summary notes based on various topics covered by Rama during the evening*)

Zazen will have a new album coming out in January. They played in front at the start of the evening.

Rama showed us his snowboard. He told us he comes from a skiing family. Rama showed us how high his first skies were (highest height of hand reaching over his head). Rama talked about different types of skis (used to be wood). Rama likes cutting through powder and said balance and small body movements make a difference.

Rama shared with us the background on the book, *Surfing the Himalayas*. It was written in short parts over time. Rama's intention was not to sell it, but to publish it privately. A year later, he decided to sell it to an agent. He changed publishers (from *Time Warner* to *St. Martin's Press*). As of today, this book is a trade best seller. Rama said Generation X is growing up hard, on drugs and violence. This book consolidates all the spiritual lessons in a "sugar coated" story. The techniques were not included in this book, but perhaps they will be in the sequel.

Rama said, "You can't be bored on a board!"

Rama's first experience with meditation was through Karate (Korean form). The teacher said, "Sit. Meditate." Rama didn't know what to do, so he just sat with his eyes closed like the other students. The higher belt students seemed to be into meditation. With Judo, Rama said balance is important. The student spends the first year getting thrown, then they learn how not to be thrown, and finally they learn how to throw others. Rama's former Judo instructor Lenny teaches kids and Olympic champions. Lenny had an accident and has only one leg, but it didn't stop him from teaching.

---

Rama talked about the world/economy, and said it's not doing well. There's a larger ecosystem and life adjusts to itself. Human society will only be around for a short time. The earth will heal and continue.

Rama said that America has only two major political parties, but other countries have five or six.

Rama talked about kids and drugs. He said they do drugs because life hurts. Why don't parents tell them like it is (that life is hard)? Instead, parents just drop them off places (with crack being sold on every corner). If we want to keep kids off of drugs, teach them to snowboard.

Rama said that work is good, only America doesn't see that at the moment. There are only two industries left: computers and entertainment. There are two choices: (1) Deteriorate into a second or third world country, or (2) Start working and rebound.

Rama said there is no sense of death in American culture. We used to kiss the hardened cheek of the dead person at their funeral, but not anymore.

Rama talked about sports. A person can learn how to snowboard in three days (wear padded bottoms on pants for falling). The learning curve for snowboarding is 10 times faster than skiing. A person can start snowboarding on large mountains in just three months.

Rama has been scuba diving for a year. He has gone down 200 feet, whereas, the average person goes down 125 feet. 200 feet may be what a 19 year-old Navy Seal does. Rama said 200 feet is not any more beautiful than snorkeling, it's just what he likes to do. 175, 200, 250 feet are all compression dives.

---

Rama does sit-ups and push-ups; he goes running and does weightlifting. It's difficult, but Rama is stronger now than he was at 25. Rama said, "I live on the StairMaster!"

Rama said life gets harder as you get older, and that older people are not necessarily wiser.

Rama talked about Sri Ramakrishna, Milarepa, Buddha and other enlightened beings. He said they are all significant. They are like different continents: Africa and Asia – one is not better; just different perspectives. Rama said that he has worked hard.

Rama said, "If you are not in a position to help others, work on helping yourself."

Rama said all of the answers are within us; everything's within our mind. There are other parts of our mind that stretch into infinity. Stopping thought allows us to experience other parts of our mind. Rama said to get to know our mind and what it can do, we need to ignore other peoples' opinions. He said, "Opinions are like assholes; everybody has one."

Rama said it's good to take care of things around us and to have responsibilities (e.g., pets, career, child, student, employees (as a manager)).

Rama was recently at a computer show in Munich, Germany. He said Germany, France and Switzerland (although it's not what it used to be) all feel better than in the U.S. The people in Europe laugh during dinner.

Rama said we should listen to life. It always has something to say about what we should be doing at any given time.

The Buddhist basic belief is that life is hard. With work and effort, we can have some nice moments.

---

Rama talked about computer science: Cray, parallel processing and AI.

Rama is constantly working. Others don't necessarily have to do that, but Rama shows people what is possible.

Rama talked about memories. If they are not useful, just push them out constantly. Say "No" in your mind. After a while, a wall builds up, and they won't keep coming. Stay in the present.

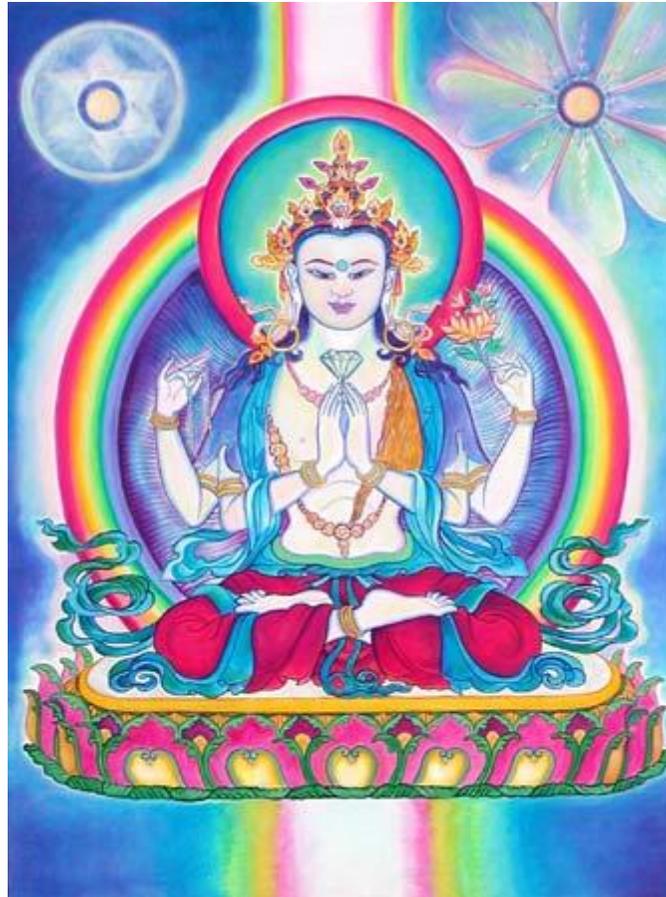
We have good situations, compared to others. We can walk; people in bed dying from AIDS cannot. Go visit an AIDS clinic. We could be living in Bosnia.

Rama talked about apathy and suggested we do what we can for people and for what's around us; don't feel like we have to or can change anything.

Rama shared a quote from the *I-Ching*: "You look good for a person who has died so many times."

---

# Rama Experiences – 1997



---

**March 11, 1997 – SUNY Purchase, N.Y.**

Two weeks ago, Rama started to teach us about Shakespeare. Last night, Rama taught us about *Hamlet*. Some comments about Shakespeare from Rama:

Shakespeare doesn't say things directly; he uses illusions and similes. He writes about eternal concepts of human nature and covers all aspects of human feelings.

At the time, love at first sight was a new concept.

They were at the leading edge of their time in science, thinking as we do now. But in the future, people will look at us like we're backwards, like we think of people during Shakespeare times.

Reading Shakespeare is like reading the Buddhist texts.

Death occurred to people much younger back then (20s and 30s). People had more of a sense of living. Life was hard. The king was special.

Marriage was arranged and the purpose was to create unions between families.

Hamlet thought about and questioned/validated ideas. Example: Why not kill yourself and end the pain of life? (It could be worse.)

Shakespeare was a successful entrepreneur, and was working not only for intellectuals, but also to make money.

In Polonius' speech, Shakespeare was just showing off his use of language.

Life is shades of grey, not just black-and-white. None of us is perfect. We all have good and bad sides to live with and to accept.

Shakespeare teaches us about life, without the sense that we are being taught.

---

**March 24, 1997 – SUNY Purchase, N.Y.**

The Shakespeare lessons continued. More comments about Shakespeare from Rama:

“Tragedy will push you into sanity, if you’re strong enough.” Hamlet was like a normal person, except that things went wrong. He was driven to another level of awareness that was very sane, but looks like insanity to most people.

If you’ve had a lot of tragedy, you can understand what he changed into. When Hamlet’s life started to fall apart, he started to question basic assumptions of life. Love is the answer. You have to have love in order to have tragedy.

---

**March 31, 1997 – St. Croix**

Tonight we danced and *Code 9* played again; they had also played on Thursday.

Rama talked with us after we danced. The room went very, very still and there was a soft light everywhere. Rama asked everyone who had been certified in SCUBA diving over the weekend to stand up. About 10 people stood.

---

**April 1, 1997 – St. Croix**

“Jump! Jump! Jump! Jump! Higher! Higher! Higher! Higher!” The dancing was so wonderful.

---

**June 29, 1997 – N.Y.**

We spent all day at the Java class, and then in the evening, Rama came and talked to us. Rama recapped the events for the rest of the year: four-day trips, three-day trips, Halloween and Christmas parties, and classes. Rama said he sets up each event so that the next one is better. Rama also talked about companies and his switch (deeply structural) from teaching Buddhism to starting businesses. Rama suggested that the new companies are going to be like NASA, where previously it was more like science projects.

At the end of the evening, Rama handed us the new *Surfing the Himalayas* bookmarks. Those who were interested could stay to become part of the company structures (consulting for Rama, internet companies, and product companies).

Rama first talked with the potential consulting people and he explained what types of qualifications would be necessary. Rama suggested people be experienced in project management or software sales. For the various companies, Rama talked about qualification tests and training classes.

Rama then talked to the internet company group. He talked about having companies with people who had different and necessary skillsets; we would start off by filling out skill questionnaires and then building a real first site as a qualification.

Rama expressed to us that he would do business the way he did teaching: long hours, lots of intensity, and with seeing. Rama wanted to make sure everyone understood the seriousness of doing business.

Rama then talked to the product company group. Rama asked what our ideas were. One person started by saying something about network computers. Rama

---

stopped the person and said, “You don’t have to explain it. I’m sure your idea is fine.”

Rama suggested that over the next month, we put together full business plans, and then he would review them. Rama said that to sell a company, there would be a sales price based on the multiples and then an extra structure, if forward revenue goals were met.

For six to nine months after that, we may have to work for the buying company in order to help in the transition. Rama said we might make a few million each, then take some time off, and then maybe do a lighter company or do another full company. Rama said, “The second child is easier.” Rama said we’re looking at a timeframe of three to four years.

Rama said, “When you make a lot of money, you’ll find that you’re still you. Money doesn’t really make you happy, but win or lose, you learn so much about yourself, and pull/access levels from yourself that you change.”

Towards the end of the evening, Rama asked who saw the *Snowboarding to Nirvana* preview. Rama talked about it for a while and said that it was a fun start and that with more money, they could do better sound. Rama said that for six weeks, it will be playing in movie theatres on 2,000 screens. He also said that for the three-day weekend, it would be in 17 major markets. The traffic reports were going to be sponsored with 10 second spots by *Surfing the Himalayas*.

---

## June 12 – 16, 1997 – Nevis

On the first night, we danced near the 18<sup>th</sup> green. With bare feet on the grass, it felt wonderful and free to move and to just be. The breeze blew and the outside area was shining bright.

The second night, we danced by the pool. We could feel Rama's presence everywhere. It was fun to dance with eyes closed, and to feel the music, movement, freedom, clarity and stillness.

On the third night, we danced outside near the sports area. Rama danced with us and it was joyful.

After we danced, Rama talked to us about the trips, business, computers and life. He told us that it takes a couple of days to clear out and to feel life again, to be normal again.

Rama said venture capitalists have become greedy and put unreasonable demands on people getting work done and it's not fun to do anymore.

Rama said that creating a company is hard work – three years of hell. But the rewards are wonderful. Whether or not you succeed or fail, you learn how to control your emotions, detachment, how to deal with people, and how to make decisions based totally on the bottom line. Rama said that while you have to work hard, become accessible and have no outside life, it's not boring; you get freedom to be in control and you make good money.

Rama said it's important to be nice to people, especially when not being liked and being scrutinized. Rama said, "Grace under pressure."

---

We had an evening party on the fourth night. People were eating and dancing in a big tent next to the golf course. Everyone was wearing colorful (blue and yellow) featured headbands and people were very energetic and happy. The dancing was non-stop and very upbeat. Rama danced for a while, at times, moving with the beat, and at times, moving very quickly as he spun the worlds. At one point, some island dancers dressed in multi-colored outfits with three-foot long peacock feather hats came in and danced with us. As the dancing went on, the joy and ecstasy flowed.

After the party, we went to the meeting room and Rama talked with us for a while. He described the future events and trips and talked a little about the internet, Java and starting software companies. Rama said that his favorite moments of the trip were: watching the sun rise above the volcano, the sunset (like California used to be), the silvery color around the moon, the diving, and seeing everyone dance on the fourth night.

---

**August 3, 1997 – N.Y.**

Rama came to talk to us after Java class tonight. We got the 1998 trip schedule and Rama spent the evening giving us his “State of the Union” address. He explained where the world is and where it’s going; also what we needed to do, in order to deal with it.

At one point, as Rama talked about the deterioration of the country, he said that he saw the movie, *187* the night before.

---

**September 19, 1997 (location unknown)**

The 29 Books Recommended by Rama:

*Surfing the Himalayas*

*Snowboarding to Nirvana*

*Journey to Ixtlan*

*Tales of Power*

*The Great Path of Awakening*

*The Bhagavad-Gita*

*Highest Yoga Tantra*

*The Large Sutra of Perfect Wisdom*

*The Middle Length Discourses of the Buddha*

*Autobiography of a Yogi*

*I-Ching*

*A Buddhist Bible*

*How to Know God*

*The Tibetan Book of the Dead*

*Ramayana*

*Mahabharata*

*The Power of Silence*

*The Art of War*

*Tibet's Great Yogi Milarepa*

*Fundamentals of Mainstream Buddhism*

*A Journey in Ladakh*

---

*The Gospel of Sri Ramakrishna*

*Buddhist Scriptures*

*The Way of Life*

*The Tibetan Book of Great Liberation*

*Crest-Jewel of Discrimination*

*Tibetan Yoga and Secret Doctrines*

*Dhammapada*

*Masters of Enchantment*

---

**September 27 – 28, 1997 – Barbados** (*Various topics from Rama*)

For the first time in twenty-nine years of teaching, Rama missed the first night of Barbados with us because he was sick from the energy.

Rama asked, “Why did the Zen master cross the road?” Answer: “He didn’t. It crossed him.”

Types of yoga: Hatha, Bhakti, Raja, Jnana, Tantra. Assigning types of yoga just categorizes people to try to describe the indescribable.

When we get messed up enough, at some point we decide to do it right. No one knows if they will make it, but they keep going until they’re there.

“Ringing the bell is okay. It just means you have reached your limit at that particular time.”

With Tantra, we use the energies and emotions of the world as tools to progress along the path. It’s like sling-shotting around the planets: they can give you a lot of momentum, but you have to be very precise, or else you can crash (or go into space).

Rama laid out a two-year plan to revisit all the teachings based on building success. There will be 24 seminars (three nights for undergraduate level and one night for graduate level) and four trips (graduate level).

Then after the year 2000, Rama is going to stop doing seminars and will do trekking: 10 days in the Himalayas, time in the Australian outback ...

When people are hurting and they’re under pressure, they act strangely. They lash out, they withdraw ... Rama said, “Princess Diana wanted to go to the Florida Keys, but didn’t make it.”

---

Rama said we don't see honor these days. Honor is hard to gain in this life because the world is totally antithetical to it. It's easier to remember and pull from past lives, when we've experienced honor.

Saturn Return occurs in people ~29 years old. Saturn means karma, which gives us a chance to change things relatively easily. If we have prepared well in the years leading up to it, change will be automatic. Rama gave the example of the inner city: it has a 'head start' program for a while. It's still hard, but there is some possibility/reassurance.

1997 – 2003 (~1985 – 2020) will be a modern renaissance era. It'll be like a Saturn Return – very volatile with a lot of change. Things will settle down after 2003; it will be darker but stable. Life is polarizing; there are some rich people, but there is a larger poor population.

We're in a dark age with ~six billion people on the planet, most of who are not evolved. People are now living longer lives, and they're afraid of death. This world is very hard for sensitive people.

The biggest factors coming from the U.S. are: computer software and hardware, biotechnology/cloning and telecommunications.

Tantra and Christ threaten the establishment because Tantra and Christ say the normal points aren't valid. Rama gave an example of the Romans and established Jews.

Rama said his students will become two groups and he will offer a two-level program. Currently, there are ~300 students (230 are on the trip, 20 in the office working on new software and 50 who come and go).

---

Rama understands sequences. Similar to college, there are undergraduate, graduate and Ph.D. programs. There are multi-year plans, like starting and running a business. Rama will have a two-year seminar plan which will be a structure to prepare us for the year 2000 and beyond.

When Rama got his Ph.D., he didn't understand why they made him read and do the work that they required. Every day, Rama would think about stopping, but after he finished, he looked back and considered it and realized that they had given him a broad and complete knowledge of his field.

Rama talked about new software companies. Project management is complicated and his goal is to set up a template for the whole system.

Rama said that over the last two weeks, he has been meditating four – five hours per day. Rama is now at a new level. At the start of 1993, he wasn't clear on what was needed and old forms wouldn't work anymore because the planet was changing. Now Rama is at a new level and he sees what is needed.

Rama said he would have rather done the 12 power trips, but he saw that most people would only go to a few and that it wouldn't be enough to get us through the next two years.

---

## September 29, 1997 – Barbados

We met Rama at 6 pm in the tent near the pool. Rama reviewed the material changes that he was making. He revisited the two-year plan and summarized the current situation.

Rama then talked to us about his condition. He has been waging a war on two fronts. He is dealing with the media (it wasn't an issue before 1984). Rama said it's so bad now, that his neighbors tell their kids not to ride their bikes past his house. 60 – 80 million people watched the *Dateline* show.

Rama said that fighting on these fronts has taken a toll on his body and if it doesn't stop soon, he won't be around much longer.

Rama switched the topic and discussed diving. He said it's very dangerous, but because of the certification process, it's one of the safest sports. Diving is not easy. Divers deal with pressure changes and places of power below the sea.

Rama said we can do anything we want, as long as it's not illegal and it doesn't hurt anyone else.

Rama reiterated that if we support him, he could more easily deal with the media and the world. In a couple of weeks, Rama is going to a clinic for lots of tests.

Rama said that we are still working on the first level (power) of the study. The difficulty with power is obsession.

Rama said maybe you could get a good run, on one out of five or ten days, but the rest of the time, it's hard and/or painful. If someone wonders why you run, it's because you feel better afterwards.

---

**October 31, 1997 – N.Y.**

We had a Halloween Rave party in Manhattan. It started at 8 pm and ~200 people came in full costumes. People dressed up as everything! There were Egyptians, nuns, Trekkies, toons, monsters, cross-dressers. Rama dressed in a slim black outfit with a Japanese headband (white/red/black).

There were laser lights shining and moving and changing colors everywhere. Some of the lasers drew moving line flowers along the wall.

People danced all night to fast beat Rave music. There were tables to sit where we could eat hors d'oeuvres and drink. Bodhi put together the sound system and a live DJ did the mixes and added effects. The music sounded great.

Rama danced a lot, at times alone, and at times with others. Rama looked happy dancing and playing.

At the end of the evening, Rama said it had been a good night, like the way it was meant to be for us.

---

## December 7, 1997 – Advanced Buddhist Cosmology and Kalachakra

### Empowerment (Night 1 of 2), SUNY Purchase, N.Y. (Various topics from Rama)

About five hundred people met at SUNY (~200 were former students who hadn't been around in a while).

Issues with publicity

Why More Women Don't Attain Enlightenment

Truth threatens proprietary mindsets

Santa Claus is needed for a while in a person's life

Rama is best at advanced practice

It is important to have tolerance

Rama teaches like a graduate Ph.D. program. The hardest thing we will ever do is to accept we can become enlightened in four – five years by practicing the methods Rama teaches us. We need to know that enlightenment is all that matters. Nothing else will work without it. There will be no karma (via this Kalachakra Empowerment).

It is important to have respect for all people on the path. Rama gave the example of monks sitting all day with their prayer beads. They look like people just wasting their time, but you don't know/see what is going on in their minds. Their minds are in the right place.

Advanced practice is experiencing/understanding states of mind, like causal planes (not transitory).

A teacher holds open states of mind for a few minutes; then the students become that state of mind, whereas normally, it would take thousands of lives. It doesn't fade.

---

Psychic/telepathy is how we learn it; beginning and intermediary practice is where we developed it.

We've gotten used to the beginning and intermediary states of mind we have learned over the years and don't notice them anymore. Rama gave an example of childhood: if we experienced it now, it would just go by; it wouldn't do it for us anymore.

Rama talked about suchness. What we are now is everything we've been/experienced. Nothing is wasted; we are the current aggregate.

Rama said, "You give up for a while. That's normal. Then you leave, keep doing it or do the advanced practice."

Rama said, "People are in pain (depressed, overweight). They have lost religion and now they don't have a way to deal with life. People don't see or understand other peoples' pain until they have grown up and have been in pain themselves."

Normally, life gets worse. It gets more painful after our 20's, but with practice, it gets better and we can compensate for the pain.

Rama recommended pursuing Naropa's Center in Boulder, CO for people who are not studying with Rama. They also have Tantric centers in UT and CA.

Rama said, "You wouldn't do the advanced practice unless you realized the holiness and futility of basic and intermediary practice."

---

## December 8, 1997 – Advanced Buddhist Cosmology and Kalachakra

### Empowerment (Night 2 of 2), SUNY Purchase, N.Y. (Various topics from Rama)

We could begin to go into Samadhi daily in six months and into the first level of enlightenment in four – five years (after thousands of Samadhi experiences).

The technique:

Visualize the symbol, in black, on the Heart Chakra; visualize the Heart Chakra as robin egg blue, and chant “Ah”

Visualize the symbol, in black, on the Throat Chakra; visualize the Throat Chakra as sparkly grass/emerald green, and chant “Hum”

Visualize the symbol, in black, on the Third Eye Chakra; visualize the Third Eye Chakra as sparkly white, and chant “Om” or “Aum”, start to visualize pulsating bright white light moving out in every direction. Move the energy up from the heart, to the throat, to the third eye quickly, then return again to the heart.

Do this for 30 – 45 minutes each day

(Note: the symbols can be in either Sanskrit or Tibetan.)

We did this with Rama. He did the mantras and it was very easy to see the colors and to feel the energy moving.

Rama said with advanced study, we don't have to worry or work through all of our imperfections. That would take forever and never happen. Instead, just jump to the next level.

Rama said, “When doing the technique, the causal body detaches and goes into causal planes. It changes when you come back.”

---

Rama said going into Samadhi is like surfing to Nirvana; you may feel lights and you may feel like you're floating, then you go into a timeless state, and then you come back (but you are changed).

Rama said once you start to go into Samadhi, your higher being comes out and starts to take control. At first it may happen once, then a month later, then every day. Samadhi could last for hours. At first, this is confusing to the lower mind, but after a while, you become your higher mind. The higher mind isn't logical; it comes out of a whole different place. You may feel sensations afterwards, even tingling for a couple of days, then it goes away and you'll miss it.

Rama described the first level of enlightenment. This will occur four – five years after advanced practice. When we die, we will reincarnate elsewhere. During the fourth year, the cells transmute and it's very intense. Life will still be painful, but with advanced practice it will compensate for it and keep getting better.

Life is painful. Kids don't see it, but as you get older and experience enough pain, you turn to spirituality. With advanced practice, you realize that only enlightenment can solve the pains of life.

People have good and bad sides. With pain, we need to accept it and just do practice and have tolerance.

Rama said he likes upscale things. Some monasteries in Tibet were Beverly Hills+. Rama spends a lot of money on teaching and student projects. People learn a lot, even if the company fails.

When people don't believe in religion/God, they think the local 'ruler' is God, and they listen to him.

---

## December 20, 1997 – Winter Garden (World Financial Center), N.Y.

On the eve of the Winter Solstice, we went to the Winter Garden and danced the night away. Rama rented out the World Financial Center. About 300 people came, and we had an upscale Rave party. We danced on the marble floor and it was wonderful! The floor was polished, shiny and bouncy. Christmas lights hung from the ceiling and next to the stage were lighted Christmas trees on each side. There were spotlights to the left and right, and a green laser created a whirlwind of ever changing colors and patterns everywhere.

On-stage, two large video screens showed edited videos of movies (*Fifth Element*, *Cayman*) and a scene of the dancing crowd. Rama danced a lot, dressed in a black shirt and pants with gold front and spotted black and blue sunglasses. Everyone was dressed in dark, sparkly beautiful outfits.

It was easy to see a lot and think very little, as we danced and spun. The palm trees rose high above us, as the whole area was transformed into dance, lights and music.

---

## December 21, 1997 – Winter Solstice Dinner at Pierre Hotel, N.Y.

We had a formal dinner at the Pierre Hotel. Everyone was dressed in tuxedos and formal dresses, happy and talking. Hors d'oeuvres were served in the room with the Versailles garden paintings. We went to sit down for dinner in the dining room. The room was beautiful: mirrored walls, wall hangings, chandeliers and tables with flowers and long candles. As we sat and began to eat our salad, Rama came by and said hi to everyone at each table.

The full dinner consisted of salad, bread, cheeses, swordfish, rice and vegetables. For desert, there was chocolate mousse, pound cake, raspberries, raspberry sorbet and cookies. The conversation was fun and we had a great dinner. After dinner, Rama talked to us for a while.

Rama talked about movies. After we all said our favorites of the year, Rama said that his was *Love! Valour! Compassion!*

Rama asked for questions. Someone said she was having problems remembering things, since starting to practice the new advanced techniques two weeks ago. Rama said that the techniques are very powerful and that at the beginning, we'll start to experience different states of mind. At first, we're not used to connecting it to the outside world. Rama compared it to a baby animal first learning to walk: at first, it's awkward, but after a little while, the animal gets used to it. Rama suggested only practicing for 30 minutes in the morning, and 15 – 30 minutes at night. Rama again said that if we keep going, we'll start to experience Samadhi in six months and would become enlightened in four – five years. Rama said that we're getting closer and closer and that if we keep going, we'll run into it.

---

Someone said he has a family member who is ill and he wants to take care of them, but they push him away. Rama said that when people are in pain/dying, they can react in a number of different ways: wanting support, wanting to be alone, and not wanting to burden others. This causes them to be unhappy. They get depressed and become despondent. Rama said that it's hard when someone you love hurts. What you can do is visualize them in white light, sending them white light. It's normal in life to be born, mature, grow older, get sick and die, but in this culture, there is a very heavy denial of old age and death.

Rama said it's unrealistic to expect everything to be perfect. What people do is pray to God to have things the way they want (heaven), and to avoid what they don't want (hell).

Kids have pain, and if it can't be dealt with, they get mentally and emotionally into it, and it just gets worse. Being an adult means you can deal with it, and move your mind to something else.

Rama's job is to deal with everyone's worst problems. He said it's like being the only doctor in an emergency room and the gurneys are lined up down the hall.

Rama said, "I am a teacher. What else would I do? Walk around and look at things?" Rama said he stands outside of everything and accepts, and we should try that too.

Rama said he isn't God and can't change everything. What he can do is help people to learn how to have a better life. If we get a 25% increase, that's good, but people want everything (their heaven) and money, power and fame too; it's unrealistic.

---

Rama talked about karma. He said what's going on now is from before – things we can't avoid. But the decisions we make now will affect our next life definitively (~50% karma, ~50% free will).

Rama said, "The past is gone. Forget it. Do what you can with now. When people die, all of their problems in this life go away. They are released, and at death they find peace."

Rama said, "Enlightenment is oblivion. It's real and can be achieved. The person goes away and is free."

We have four wonderful things: (1) Our practice (sitting and every moment of our lives), (2) Fellow students (sangha), (3) Enlightened master (who is going to create a happy ending, all tied up with a nice red bow – even after everything), and (4) Enlightenment.

---

## December 22, 1997 – Hyatt Hotel, Greenwich

We met at the Hyatt in Greenwich. About 300 people attended. Rama came in and started off by playing Prince's *Gold Experience* album. He said it was one of his all-time favorites. Rama played the first track: *Pussy Control* and then skipped to track 6 and played the first part of each song. The sound quality was amazing, as the voices and sounds filled the room in complete detail.

Rama said that without new music, it gets pretty boring. He said that it's good to listen to music that you don't like; it's very therapeutic.

Rama started talking about *The Last Temptation of Christ*. He said Nikos Kazantzakis captured very well the physicality of the time. Also, he expressed very well the different experiences.

Rama said that the book is very uncomfortable to read. He said that the major tension was the relationship between Jesus and Mary. They couldn't let go of it, but they wouldn't modify themselves for the other; it was just torment. Rama said that in order to have any kind of relationship, both people need to modify themselves at least 50%. In doing so, you learn to be something other than yourself. Rama gave an example: when going to the movies, Rama lets the other person choose what to see. He could spend the whole time being upset, or he could get totally into it and enjoy it.

As Rama talked about the book, he described what it's like to go through the enlightenment process. Rama first became enlightened at age 29, and then for three – four years, he had intense experiences and changes. Rama would go into Samadhi for 12 hours a day and become a new person each day. He would gain new powers and understandings and have no control over it. Rama said it's scary because you don't

---

know when it's going to end, or what's going to happen next, and you don't have a teacher to explain it to you. From ages 33 – 37, it calmed down and then picked back up again between ages 38 – 40, and most recently, about a year ago, around his birthday.

Rama doesn't like the book, but he saw that we should read it, and that it could shift us into a new perspective. Also, by reading it, we could learn what the people in this country think (and believe in, to the exclusion of everything else).

One person said they were surprised that Jesus wasn't very Tantric. Rama explained that he only had four years of enlightenment, and that often people in the first three levels are very straight in their practice. Rama said that Tantra is the Rolls Royce of paths. He compared this to Bruce Lee, who combined many styles of martial arts, while many black belts are only into their one way. People who cross paths often aren't liked, and make others very uncomfortable.

After the break, Rama talked about the fact that we are now doing the advanced study. Rama asked us why we thought so, and after many guesses, he explained it to us.

Rama said he kept pushing himself and progressing, and recently he has gotten to a place where he knows how to do it. Rama said that previously, he wasn't capable. He said that he had tried everything to change us, but now he has solved the equation. Rama can just lift us up and do it. Enlightened people aren't omniscient; they know how to get to/become perfect light, but they don't know everything, and they keep progressing.

---

Rama said if we practice the technique, it will open the door, and his energy will come through. We'll start to experience Samadhi in six months and become enlightened in four – five years.

Rama asked people what they would like to see in the program for next year. People shared many ideas: trips, shows, music, helping kids. Rama expressed that he was considering all the ideas, yet many of them wouldn't work for large groups (example: not everyone could participate in rafting) or would be complicated (example: opening our own dojo and having a multi-purpose facility).

---

**December 31, 1997 – New Year’s Eve: Auberge Maxime Restaurant, North Salem, N.Y.**

We went to Auberge Maxime, which is a five-star restaurant in North Salem, N.Y. About 100 people were there, many of whom went on the Bahamas trip. The restaurant had seating upstairs and downstairs and was decorated with balloons, party favors and hats for everyone. We were all dressed in tuxedos and fancy dresses.

As some of us drank champagne and conversed downstairs, Rama came down and said hi to us and talked with us for a few minutes. Rama said that the room was very nice and he had used it for many private and business dinners. Rama said that tonight was the end of the old program and the beginning of the new one. It was like a giant Saturn Return. Rama said next year was going to be better, because we were going to make it better. Rama said, “You can’t count on how it’s going to be, so you just make it better.” He suggested that the past was over and that whatever we’ve done, we should just let it go; it was going to be a good New Year.

Rama talked a little bit about recent movies. He said that the first two hours of *The Titanic* were slow, but the last half hour was good. He liked the ending, where the lady was in bed and dreamt of being young again; that was heaven for her. Rama said that it was a chick flick.

Rama saw *Good Will Hunting* and said it was one of the best movies in the last couple of years, and that they put some thought into it.

We dined on lobster, salad, duck, desert, Pouilly-Fumé Blanc and red wine. Everyone was having fun talking, laughing, letting go and drinking a lot! Rama walked around and visited the tables during dinner. He showed us his outfit and said that it was his *Titanic* theme. Rama said it was a Versace and said it would fit in with *The Titanic*.

---

Someone asked Rama how he was doing and Rama responded, "I'm hanging in there."

At midnight, we all blew horns, made noise and welcomed the New Year. Rama came downstairs and wished us all a Happy New Year. We toasted to the New Year and to what was ahead. Someone said "Samadhi" and Rama replied, "Samadhi plus!"

A little later, as people were leaving, Rama was walking around and saying "Happy New Year" to people, shaking hands and hugging them. Rama told us that there was nobody he'd rather be spending New Year's 1998 with, than us. He said he loved us more than we could ever know.