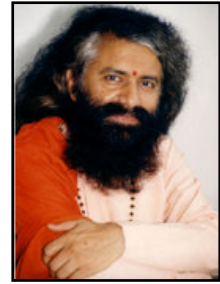


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CHRIS ATTWOOD: Janet, I'm now going to turn it over to you. It's my pleasure, everyone, to introduce my partner, Janet Attwood, the cover editor for *Healthy Wealthy nWise*. Janet?

JANET ATTWOOD: Very good. Good morning and good evening to everyone. It's just an honor, as always, to be with all of you. Welcome to our first Dialogues with The Masters series. I'm the cover editor for *Healthy Wealthy nWise* magazine, and author of *The Passion Test: Discovering Your Personal Secrets to Living a Life On Fire*. As many of you know, I personally take the Passion Test every six months. Two years ago a new passion showed up at the top of my list, which had never been there before.

It was spending time with the enlightened. Over the past year-and-a-half I've spent more than eight months in India and Nepal, and had the great good fortune of meeting over 60 Masters revered for their wisdom and enlightenment. Every one of these Masters, to me, was extraordinary. I felt a very deep connection and love for this great Master, who I'm honored and privileged to have as our guest this morning, His Holiness Swami Chidanand Saraswatiji, who is known as Pujya Swamiji.

He has lived a spiritual life since the age of eight. I know all of you have read the background on Pujya Swamiji that I sent you. I know you have read that he is revered by millions of people around the globe, that thousands gather daily at his ashram on the banks of the Ganges, and that he's received many awards and acknowledgements from around the world. Since you already know these things, I wanted to share a story of my latest personal experience with this beautiful Master.

Toward the end of my last trip to India I arranged a dinner in Bombay, which included Pujya Swamiji; his assistant, Sadhvi Bhagwati; Jack Canfield, who many of you know as the co-creator of *Chicken Soup For The Soul*; Dr. Pankaj Naram, personal pulse reader for the Dalai Lama; his wife Smita; and my friends Catherine Oxenberg, and Casper Van Dien, both successful actors.

When Pujya Swamiji arrived for dinner the first thing that struck me was his incredible humility. Here's a Master who's revered by millions of people around the world, and he had no expectations about receiving any special treatment. He was simply fully present, full of love, and fully giving of himself. During that evening, Jack had asked for feedback from all of us about a new project he was considering.

We sat around the table, and each one of us gave our feedback to Jack. Finally, it came time for Sri Muniji to give his feedback. Just in a very few words, he gave Jack the most profound and powerful advice, of course, of any that he had received that night. I was so

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deeply touched by the depth of love and concern that Pujya Swamiji showed Jack and everyone who attended the dinner that evening.

He was just so deeply, deeply loving and so deeply, deeply present. I wish all of you had been able to be there. I was touched forever from that moment, so I'm absolutely thrilled that I'm able to allow all of you on the phone to hear from this beautiful, loving and divine spiritual Master. Pujya Swamiji, we are deeply, deeply honored to have you with us. Thank you for being here. Hello?

SADHVI BHAGWATI: Hello?

JANET ATTWOOD: Sadhvi?

SADHVI BHAGWATI: Should I go give him the phone, Janet?

JANET ATTWOOD: Yes, please.

SADHVI BHAGWATI: You were going to tell me when to give him the phone.

JANET ATTWOOD: My apologies. Yes, you can tell him I had a beautiful introduction, too.

SADHVI BHAGWATI: I'll tell him.

JANET ATTWOOD: As Sadhvi's going to get Pujya Swamiji, let me continue to tell you what was really amazing to me as I was sitting there at that dinner table. I was just astounded because everyone else was so excited for Jack, giving their feedback, giving their feedback, giving their feedback. There was this silence, just this deep silence, and I kept watching Pujya Swamiji.

SADHVI BHAGWATI: Janet?

JANET ATTWOOD: Yes?

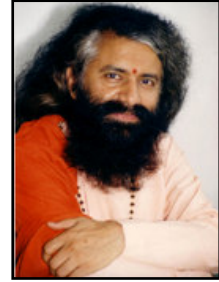
SADHVI BHAGWATI: I'm giving him the phone.

JANET ATTWOOD: Very good.

SADHVI BHAGWATI: Just one minute.

PUJYA SWAMIJI: Hello?

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JANET ATTWOOD: Hello, Pujya Swamiji.

PUJYA SWAMIJI: Hello, Janet. How are you?

JANET ATTWOOD: Very, very wonderful. Thank you so much for being with us this morning; actually, it's evening for you in Rishikesh, India. You missed our introduction, but everyone has been sent your bio and has read it. Then I was just telling them about our wonderful dinner that we had when we were together in Bombay with Jack Canfield, and just how wonderful it was to sit with you at that time.

Thank you again. It was a great experience. We have these questions that I had sent to Sadhvi, which were submitted by our readers. I wanted to just read the first one. After I've done that, could you go ahead and give your knowledge? When you're complete, you could maybe just ask me, "What question do we have next?" I don't want to interrupt you, okay?

PUJYA SWAMIJI: Yes.

JANET ATTWOOD: The first question is how does one find and know their true purpose in life? How do you know the difference between what your mind is telling you and what is truly spirit/God/universe speaking to you of your soul's purpose? I'm going to read the additions to this one question, and then you can just go with the whole thing. How can I figure out what my life purpose is? I am stuck.

I know I have everything I need to move forward, but I just can't, because I'm confused about the direction I should take. I ask to know the keys that open the door of divine manifestation in our lives, and thus move us gracefully in the fulfillment of our true purpose.

PUJYA SWAMIJI: I should give answer now?

JANET ATTWOOD: Yes, thank you.

PUJYA SWAMIJI: Wonderful. The first question is how does one find and know their true purpose in life. The purpose in life is to follow our paths. It's very simple to know if you are on the path. You ask yourself each evening before you sleep the following question. The question we should ask ourselves is, "Did I help every day? Did I help people today or not?"

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If our answer is yes, then you are on the path. “Did I give something of myself?” If the answer is yes, then you are on the path. This is the main problem; people cannot give selflessly. They have expectations from each of them. Because of those expectations, they feel pain. Their life is miserable, and they’re not happy. They are not in peace, and they create suffering.

We should ask ourselves every day before we sleep, “Did I give selflessly of myself or not?” Another thing is, “Do I feel closer to God or not?” That also is a very important question to ask every day to find the right answer from life. Another thing, which is very important to me, is we should ask ourselves, “Did I do anything that went against my own deep knowledge of what is right?”

That’s very important. An answer you will find immediately. Through these questions we can know if we are on the right path or the wrong path. Another very important thing is if you are on the right path, always you will feel happiness in your life, peace in your life, calmness in your life, steadiness in your life. Otherwise, you will not be in peace. Number two, you asked, “How can I figure out what my purpose is? I am stuck.

“I know I have everything I need to move forward, but I just can’t, because I am confused about the direction I should take.” I think the answer to this question is, to me, to sit quietly and meditate. The answer will come to you. You don’t have to rush to the answer. The answer will come to you. That’s also very important. I have seen when people have done this in their lives; they came back to me and said, “Yes, it was right.

“The moment I sit quietly and I meditate, I find my answer.” We don’t sit quietly. We keep talking to ourselves, we keep watching. That’s why we don’t get the answer. The second thing is—and this is very important—sometimes people think they don’t get the answers, and they get very worried. I would say don’t worry about having all the answers to all the questions immediately.

That’s the finale. It’s okay; the answer will come. We don’t necessarily know from the beginning what our purpose is in life. It happens in life as we move on, as we move further. The answer comes. Love becomes very important. We are serving the world, helping others, getting closer to God, and then we know we are on the right path.

These things are very important: we serve the world, help others, and get closer to God. It’s happening in life. You don’t have to find other answers. All these answers will start giving you the right answers in your life.

JANET ATTWOOD: That’s beautiful. Thank you.

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PUJYA SWAMIJI: Now for the other question you were asking, because you asked me two questions. Hello?

JANET ATTWOOD: Yes, go ahead.

PUJYA SWAMIJI: You can ask another question. Two questions you asked; I answered you. You go ahead.

JANET ATTWOOD: How come it's so difficult to live a life of service if all you're doing is working to pay the rent? By the time you come home, you're exhausted. Then there is an addition to this question. Few people have the opportunity to spend their lives in silent seclusion and meditation. How best can we achieve and maintain constant union with the Divine while living in the busy world in which we find ourselves? Finally, are making money and following a spiritual path mutually exclusive?

PUJYA SWAMIJI: A very good question; a very nice question. How can I figure out what my life purpose is? I just told you. When we get these answers, all these things come to you. How come it's so difficult to live a life of service if all you are doing is working to pay the rent? I also think that if people keep paying the rent, then keep working, keep paying the rent, keep working, then sometimes I also think what is the purpose of life?

People must get exhausted, but I can tell you how to take care of this. When we are serving people service does not necessarily mean filling every hour of every day to feeding the hungry, tending to the sick, or building latrines in the villages. It's not only that. Service can take a variety of forms. Service, people can do in so many ways. Service means touching all whom you meet and making their lives better.

That is very important if you touch with your knowledge, with your service, with your feelings. There are so many ways you can touch people. When you touch their lives and you meet them, their lives become better. When their lives become better, that is your contribution to their lives. It's not only working, paying the rent, and keeping moving in life in one way. As you asked me, few people have the opportunity to spend their lives in silent seclusion and meditation.

How best can we achieve and remain in constant union with the Divine by living in the busy world in which we find ourselves? This is a beautiful question. For me, what I have found in my life is you need a daily appointment with the Divine—any name you want to give the Divine. I mean God. Give any name to the Divine, the Supreme Power. We must have a daily appointment with the Divine.

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We should never miss it. Every morning, we should spend time first with God before we start any other thing. I have seen people read in the morning such a big newspaper. They read a newspaper a day. They keep going on and on and on. I keep watching them. Sometimes I'm sitting at the airport, I'm in plane, or somewhere. My God! They don't spend that much time in prayer, in meditation.

For me, the first thing should be meditation in the morning, and then the meditation should not be only just closing your eyes, holding your hands, sitting in the posture. That meditation should reflect during the daytime. During the daytime, with the meditation you do, how can you see that the meditation is working? The second thing is that it should be very important to watch in our daily life that meditation is working or not.

There should be no reaction. Why? Because you become very calm. You become very peaceful. You don't react instinctively like animals. You think, you give the right answers to people and the right reaction with people. That really keeps you peaceful and makes your whole daily life very peaceful. The third thing is very important; after meditation and no reaction is introspection.

In the evening before we sleep, we must introspect. We must watch ourselves, what we have done during the daytime. This is very, very important. You can check your balance sheet every night before you sleep. It tells you where you stand, what you are becoming, whether you are becoming better or bitter, whether your life is in peace or in pieces. What you are becoming is very important to watch every day before you sleep.

These three things—meditation, no reaction, introspection—fix so many things in our life. If we follow these things, I think life will become beautiful. Whether you are in the caves or in California, it doesn't matter. That's your seclusion. That's your meditation. That's your solitude, and that makes life beautiful and divine. Another question you asked is this. Are making money and following a spiritual path mutually exclusive?

Definitely not. There's no problem with making money. We can make money. It's not stated anywhere in the Scriptures that we should not make money. We can make money. The question is not to make money. The question is what is unfolding in our life? What is our focus in our life that makes our life wonderful? That's not to make money. Money, we need. We need money; we need things.

We are living in this world. We don't have to leave the world. We have to live in the world. If we have to live in the world, you have to have the money also for yourself, for your family, for your friends, for so many things. The main thing is the priorities and the

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focus. If our focus is on doing good, being honest, and on hard work, and then you make money, then you make money to help others. That will become great.

Somebody was talking to me in America one day, “I want to leave this country. I want to come to India, be on the banks of Ganga, on the river, and in the Himalayas.” I said, “Look, God has a special plan for you. Yes, you can come from time to time, to recharge your batteries, to the Himalayas, to the banks of Ganga or to Rishikesh to the Divine purpose, but you are a doctor.

“God has a divine plan for you. For some of these people being here in this country, in America, if you want to come to India, great. You come and help people, but what you can do for one hour every day or one day in every week, you take whatever money you will make, you will take this money and share it with others or help others. You don’t have to leave the country if you just spend a little bit of your money and serve others.”

Another thing is if our focus is just on making money at all costs and we lie, cheat, steal and all these kinds of things to make money no matter, hook and crook, you just make money. If we hold all this money and use it only to buy luxuries for ourselves, then this is not right. The main thing is we make money to serve others, to share with others, to love others, not only to use money only for ourselves and for our luxuries. In that way, life will become wonderful and you will be on a spiritual path, and even making money, there be no problem. Yes, another question please.

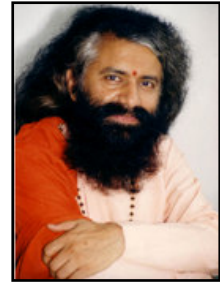
JANET ATTWOOD: Beautiful. Thank you. What is being enlightened spiritually? Can you be it while having physical illness or vestiges of old, emotional problems and others? Do you have to be perfect? What is it for the Christian?

PUJYA SWAMIJI: Okay. To me, being enlightened means seeking the Divine light in all. It means seeing God in all, seeing the Divine light in all, all the time, everywhere, wherever you move. That is true enlightenment. There is nothing about turning to the Hindu or to some other religion to be enlightened. Enlightenment is for everyone. Everyone can be enlightened. Everyone can have this Divine light.

Enlightenment is possible for everyone all the time. It means that when you are enlightened you feel one with the Divine, and you realize your own divine nature. When you realize that, then you don’t have to make an effort to help others. You flow, you melt, and you serve others. Look at Buddha when he got enlightened. The beautiful thing is when he got enlightened, he did not go to the forest.

He came back to the cities, to the villages, and starting sharing and serving, himself, with all he had. That is true enlightenment. When you start sharing with others, giving

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to others, then that life becomes enlightened spiritually. The main thing is when you are enlightened you see that light in everyone without any barriers and boundaries. Okay, next question please.

JANET ATTWOOD: As I create more and more love and peace within me and keep praying for world people and peace in the US, I am concerned about the turmoil, chaos, and inadequate leadership in the US. How does the average, conscientious, loving, spiritual person help to bring in more peace? Is God watching over us? What more can we each do to help create a higher consciousness of peace?

Then, as an addition, what is the most important thing each human being can do individually to contribute in the highest way to the momentous unfoldment of change upon the planet at this time? How can we effect peace and abundance through the whole world? I think the wealthy must become generous in order to have peace and abundance for the entire world. Is there another way?

PUJYA SWAMIJI: Number one, as they create more and more love and peace, I think peace must start with us. I always share with people that if you are not in peace, how are you going to share peace with others? The main thing is you should be in peace. If we are in the peace, we exude peace, we manifest peace, and we spread peace. If we ourselves are in pieces, that's what we'll do.

We'll spread pieces. If we go to pieces, we share pieces, and we will love people who are in pieces. We love that kind of company; we like that kind of company, because we are in pieces. The first thing is not to worry about creating peace in world. The first thing is that we should be in peace. If we ourselves are in peace, then you can see that peace will be spread.

People so many times will ask me, "I want peace. I want peace." I always tell them, "The answer is in your own question." They keep asking me, "How can I find peace? I want peace." I said, "'I want peace' has the answer." Take care of this 'I.' Remove this 'I.' Remove this 'want.' What remains? Only peace. This 'I want peace,' when we say that, just remove that 'I' and 'want,' and the only one thing that will remain is peace.

This 'I' creates problems in the family, in the foundations, and all over the world. 'I' means this ego. When this ego is there, believe me, this ego kills people, kills people's lives. It kills families; it kills nations. Whatever you see today in the whole world is because of ego. This ego should be taken care of how? This 'I' is always a capital. When we write this 'I,' it's always capital. Whenever this capital 'I' is vertical, it becomes a divider. It becomes a barrier between the people, between the societies, communities, and between ourselves and God also.

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Between ourselves and God, only this ego becomes a barrier. We should take out this ego, this 'I,' how? The only way is to bend your ego. If you bend your ego horizontally, you will see the moment you bend it, this 'I' you bend, this becomes a bridge between people, between others, between you and God, between everyone. This vertical line was a divider and border when it was vertical.

This same 'I,' the moment you bend it horizontally, it becomes a helper. It is a great way to cross the bridge, and it becomes a bridge. Through this bridge, you can maintain friendships; you can continue friendships. It means bend your ego; it means to be humble. Be polite. Say I'm sorry. This being humble, being polite, being ego-less solves all our other problems.

Then the second thing is 'want.' 'I want peace.' This is another barrier between peace and us. Why do we want peace? It's because of desires. We have so many desires, endless desires. Mahatma Gandhi used to say, "God has created enough for everybody's needs, but not enough for one's person's greed." It's so beautiful what he said. All these wants and all these desires steal our peace away.

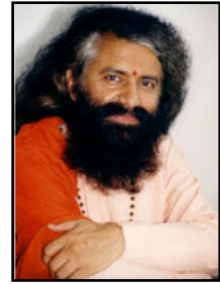
The main thing that we should take care of is our ego. Take care of our wants, our desires. Be ego-less, be humble, reflect the light, and this is it. Immediately. What happens when they set desires, these expectations, is ridiculous. Expectation is the mother of frustration. The more expectations, the more you are in trouble. The answer is not expectations more and more, but acceptance more and more.

When you accept it you become calm, you become in peace, and when you don't accept it, you reject it and you fight with frustration, then you are in pieces. You are not happy. For the question you asked, the answer is when we bring peace to ourselves, then you can bring peace to the world. Then, because there are various forms of turmoil in the world, the turmoil is inside; we should worry about our own turmoil.

When our own turmoil is in ourselves and in our families, if we can work it out, the world will become a beautiful heaven that we live in. Another question you asked is what is the most important thing each spiritual being can do individually to contribute in the highest way to the momentous unfoldment of change upon the planet at this time? To me, number one is be honest. Be loving, be giving, be caring, be sharing.

These are very, very important factors. If you follow these, life will become wonderful, individually and collectively. Another very important point is sacrifice. We have forgotten this important aspect of our life. Sacrifice is very important. We see fights

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between husband and wife, between families, between the nations because nobody wants to sacrifice. If you sacrifice, life becomes beautiful. This is not to work for me.

The question should be to work for others. When it's work for me, then life becomes miserable. If I say work for others, then I'll share with others, I'll sacrifice anything I have for the sake of others. Look at the trees. Look at the stars. Look at the moon. Look at the rivers? Look at the sun. Look at nature.

I love sacrifice. Sacrificing and giving, that makes life beautiful. This sounds very simple. If we actually follow these beautiful values in our life, if we become honest, if we become giving, if we started caring for others, if we start sacrificing, we need these simple values. They sound simple, but actually, if you follow them, our world would have no pain and no hunger, no violence and no fights. That should happen in our life. Yes, next.

JANET ATTWOOD: How do you know when a decision you want to make is right?

PUJYA SWAMIJI: We should see that it helps people a lot, number one. If for my sake only, is it to help people or hurt people? If it is only to help people, the decision is right. If it hurts people, it means the decision is not right. This is the first area. The second thing is if it's for people's sake, but not for your sake now, is that going to bring us closer to God, or no? Our hearts know. The quiet voice of truth is always there.

We must listen to that. Look at this dog. Maybe it's hungry, but not in America; there are no dogs like that there. No dog is underfed, but in India—and I have seen in other countries—the dog is on the street. When the dog feels hungry, what does the dog do? It goes to the nearby shop, house, or hut, and tries to steal bread. Before the dog tries to steal bread, he looks around. He is aware if somebody is watching him or not. If somebody is watching, the dog doesn't try to steal bread.

He can sit down there. The moment he sees nobody is watching him, he steals the bread and then, after stealing the bread, he looks around if somebody is watching or not, and runs. Even the dog knows this is not right. Because this is not right, that's why he makes sure that nobody is watching him. We also listen to the quiet voice of ourselves, the voice of truth, voice of this light, voice of the divinity.

The moment we start doing anything, the voice comes down saying, "Don't do it." We don't want to listen, because of our own desires, our own wants, our own greed, our own weaknesses. We only follow what we want, that voice, and that is why it is hard. That's why we get into trouble. The voice is there. We should listen to that voice. Believe me, you will be always right on path. Yes?

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JANET ATTWOOD: How can we encourage more people in the West to seek and gain a greater understanding of the deeper spiritual values as taught by the Rishis, Buddha and Jesus, and finally drop the illusions of divisions, which have caused so much strife in the world?

PUJYA SWAMIJI: Good. We should just live the truth. We don't try to preach to others. If you don't try to preach to others, we start living. If everybody starts living the truth, the world will become wonderful. Nobody wants to listen finally. Instead of trying to preach and teach people, we should just touch them with the truth we have found. If we have found the truth, we'll touch people's hearts.

Also we should try to find the truth; just live it and you will see the change. Truth is a magnet. This magnet always attracts people. This was the magnet of Buddha and how he attracted people because he lived the truth. They live that light. They live this life. They didn't preach too much. They didn't preach too much. Their preaching was very, very brief. In the small formulas, that particularly was the truth of their own life.

That truth became such a great magnet for others. Whoever came into contact with them, they also started changing their lives. Even today, also, people follow the truth; the magnet is still working. Even Buddha and Jesus particularly; they are not here, but their light, their love, their touch is still there. It really affects people.

JANET ATTWOOD: Why is it that those who do good and stand for right things suffer rejections, are hated, and fought against so often?

PUJYA SWAMIJI: I'm sorry. Say it again?

JANET ATTWOOD: Yes. Why is it that those who do good and stand for right things suffer rejection, are hated, and fought against so often?

PUJYA SWAMIJI: Before, many people ask me this question. Number one, people who follow good and stand for the right things, it's not to suffer rejection. I said maybe it's [Indiscernible 26:48] but the rejection from the outside, it makes them strong. [Indiscernible 36:59] At the end, truth and goodness always prevail. In the beginning, yes, it seems that they are losing the battle, but if you ask me if they stand on the side of truth, on the side of goodness, [Indiscernible 37:27] the bottom line is that truth and goodness prevail. [Indiscernible 37:29-35]

JANET ATTWOOD: Excuse me, Pujya Swamiji? If you can hear me, this is Janet. You're breaking up. It's very interesting that this has just happened, because it's time actually for us to conclude this portion of our conference call. Are you still on the line?

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PUJYA SWAMIJI: Yes?

JANET ATTWOOD: We lost you for a minute, because you're breaking up. We're going to conclude this part of our call, but I wanted to say to you, Pujya Swamiji, that we are so deeply honored to have you with us.

PUJYA SWAMIJI: Thank you.

JANET ATTWOOD: Your knowledge—and I know all of the listeners will agree with me—is very, very profound. I just look forward to another time we'll have to sit with you. In a little while on the call, I'm going to invite everyone to come visit you in your wonderful home at Parmarth Niketan in Rishikesh. For all of our listeners, if you want to know more about Pujya Swamiji, you can go to www.Parmarth.com.

They have a recent newsletter, also, that you can participate in and read. That is at www.Parmarth.com/update/julyaug2005/index.HTML. Again, thank you, Pujya Swamiji. It's been an amazing call. Again, we are deeply grateful to you for taking this time and speaking to our listeners from the Land of Spirituality. You have millions and millions of followers all over the world.

I have been to your ashram in Rishikesh many, many times, and have seen how every single moment you are constantly busy in service to the world. We are so honored that you have chosen to take this time and spend it with us this morning, and this evening for you in Rishikesh.

PUJYA SWAMIJI: Thank you, Janet. I really thank you, because through your divine program millions of people will be benefited by that. I wish for you and wish for all of your listeners peace and prosperity, health and happiness. May God bless you all. Thank you.

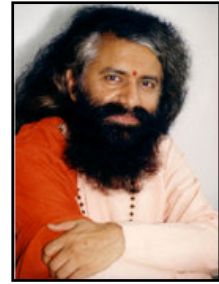
JANET ATTWOOD: All love to you. Thank you. Thank you, Sadhvi, if you're listening, also. We're so grateful to you for helping us to arrange this wonderful call with Pujya Swamiji. Thank you so much, Pujya Swamiji, and have a great, glorious day, as you always do, I know.

PUJYA SWAMIJI: Have a great day.

JANET ATTWOOD: Give Mother Ganga all of our love. Thank you.

PUJYA SWAMIJI: Thank you. Wonderful.

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JANET ATTWOOD: In the time we have remaining, Chris Attwood, the features editor of *Healthy Wealthy nWise*, and I are going to reflect on some of the points that Pujya Swamiji has raised. First, how would all of you like to visit Pujya Swamiji's ashram on the banks of the Ganges and meet him in person? As Chris and I were preparing for this call, this thought occurred to us.

I haven't even asked Pujya Swamiji, but every time I see him he always says, "This is your home, and tell everyone else this is their home." I was sitting yesterday with Chris, and I said, "Gosh, Chris, wouldn't that be fun?" I know all of us are on a personal journey to live our own destiny in life, so why not share the trip with each other sometimes? Pujya Swamiji has a beautiful ashram in Rishikesh in the Himalayas.

There are a number of saints in this area who I could also introduce you to, plus some incredible places to visit. At Pujya Swamiji's ashram alone, there are so many wonderful, wonderful things to do. I know they have yoga classes and knowledge classes. If enough people are interested, we would plan a 10-day trip. You'd fly into Delhi, spend a couple of days there to acclimate, and then fly to Rishikesh for week with us.

Then we'd stay at Pujya Swamiji's ashram, which is incredibly comfortable. This would be a remarkable adventure and definitely unlike anything that you've likely experienced before. If this sounds like something you would like to experience, then please send Chris and me an email at TravelClub@HealthyWealthynWise.com. When you send your email, please indicate if you have a preference for the timing of this trip.

Specifically, let us know if you would like to go in April. The weather in Delhi will be very hot, but it's always really nice in Rishikesh. In August—that's the other choice—the weather in Delhi will still be very hot, and it will be cool in Rishikesh. Let us know if this sounds like an adventure you'd like to be part of with us. The email, again, is TravelClub@HealthyWealthynWise.com.

Also, before I hand it over to Chris, we would also like your feedback on this call, and that would be to JandC@HealthyWealthynWise.com. Perfect. Let's now talk about Pujya Swamiji's answers to the questions all of you have asked. Chris, what were the main points, as you heard them?

CHRIS ATTWOOD: Thanks, Janet. We have about 15 minutes. I personally found Pujya Swamiji's answers very deeply profound. I just want to go over a few of them as I got them. Hopefully, as you review your own notes this will help in clarifying. On the first question—How do I find my true purpose in life?—Swamiji gave us some very practical suggestions and advice.

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I got four particular questions for us to ask ourselves each day. Number one: Did I help people today? What a great question. Number two: Did I give selflessly today? Number three: Do I feel closer to God today? Do I feel closer to the Divine today? Number four: Did I do anything that went against my own knowledge of what is right?

What Pujya Swamiji said is that when we ask these questions, if the answer is, “Yes, I did help people today,” then we know that we are on our path. He said the purpose in life is to follow your path. How do you know if you’re on your path? Did you help people today? Did you give selflessly? Did you feel closer to God? Did you do things that were in accord with your own knowledge of what is right?

When you do those things, then you are following your path and you are aligned with your destiny, aligned with your purpose in life. I thought that was very practical and powerful advice. He also said when you’re on the right path you’ll always feel happiness, calmness in life. If you get stuck, then take time to sit quietly and meditate. He said when the mind is active, always thinking about this and that and the other thing, and always busy, then where is there room for the answer to come?

When we allow the mind to be quiet, when we allow ourselves to be quiet, then the answer we need will come. One of the ways that we know that is just by asking the question that is there, and then waiting, seeing what is the answer that is coming now. You don’t have to worry about all the answers all at once. As we move forward, as we take one step at a time, then the answers will come.

All we have to do is be open to those. Pujya Swamiji also said that serving people doesn’t mean just attending to the sick. This was in response to the question of how does one serve when one is working to pay the rent, when you come home and you’re exhausted? He said that few people have the opportunity to spend their lives in silent seclusion and meditation, so how do you rectify, how do you bring these two values together, of serving people but also paying the rent and earning money?

He said that serving people doesn’t mean just attending to the sick and taking care of the poor. He said it means helping everyone you meet. How can you touch people’s lives and make their lives better? When you do that, then you are serving, and you can do that while you’re working to pay the rent. When you’re at work, when you’re interacting with people on the phone, in every interaction there’s the opportunity to serve.

He said one of the things that is most important is to have daily communion with the Divine. It’s about our conscious attention. Those of you who have read *The Passion Test* or who listen to Janet and me much, you know that we are very fond of this saying that

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what we put our attention on grows stronger in our life. Take time to meditate, take time for prayer, take time to commune with the Divine first thing when you get up in the morning.

Then watch how calm we are during the day. When we have no reaction, when we have calmness in the midst of all the activity, then we know that we are connected with the Divine. We know that we're connected with that silence within ourselves. He said to take time for introspection. What have we done today? Check your balance sheet every day before you go to bed.

He said that money and a spiritual path are definitely not mutually exclusive. The question is, what is your focus? What is your focus in life? Where your focus is creates the quality of life. Again, this comes back to this point that where your attention is grows stronger in your life. When your focus is on doing good, on helping the world, then you can make lots of money, and you are at the same time pursuing this spiritual path.

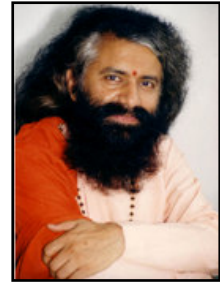
It's okay to think about recharging your batteries, and he gave the example of the person who wanted to come to India to be on the Ganges. He said that's fine from time to time, but it takes money to live our lives, to live the life of householders, to live the life in the world. Money will come to us. The way that we attract money to us is every day in helping others in whatever we're doing, whatever our business, whatever our work, whatever our job.

When our attention, our focus, is on helping others, on supporting others, on giving to others, then making money becomes a spiritual path in and of itself. We make money for the purpose of loving others, for sharing with others. That is the nature of the spiritual path. Then money becomes a vehicle for creating greater connection with the Divine. Then he answered this beautiful question about what it means to be enlightened spiritually, and what it means for a Christian.

He said what I think we all know, that enlightenment is for everyone, whether we're Jews, Christians, Muslims, Buddhists, Hindus, or whatever religion we follow in our life. Enlightenment is just seeing the Divine light in all. When we move about in our life, that we feel that divine quality of life in ourselves, and then we come out and we give it to others. We see it in others, and we use it to serve others.

We use the light that we experience in ourselves to serve others. He gave the example of Buddha. Buddha got enlightenment and then he went to the villages, to the towns, to the cities, and he served others. The nature of enlightenment is to give and serve others. That is what enlightenment is, when we can see light in everyone, without any boundaries, without any separation.

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This was such a beautiful lead-in to the next question, and I so loved his answer about this. He said, “How can we create peace in the world? When we create more love and peace in ourselves, when we pray for peace in the world and in our communities. Yet, we see turmoil and chaos.” How does the average conscientious, spiritual person help to bring in more peace? He said not to worry about peace in the world.

Begin by creating peace in yourself. When you create peace in yourself, then you create peace in the world. I remember this analogy that I heard years and years ago. To have a green forest, every tree in the forest must be green. If we want to have a peaceful world, then a peaceful world is made up of peaceful individuals. It begins with us. Pujya Swamiji spoke about the ‘I.’ We say, ‘I want peace.’

He said to let go of the ‘I’ and the ‘want.’ What remains is ‘peace.’ This ‘I,’ this ego, creates problems in our families and our world. It kills. It maims. This ‘I,’ this attachment to the ego is the cause of the problem that we see in the world. It is what gives rise to this lack of peace, because there’s attachment to ‘I,’ to what I want, to what I have to have.

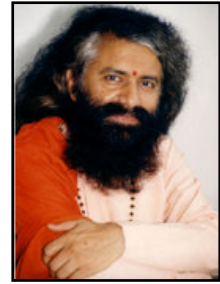
He said that this ‘I,’ even when we write it, we write it as a capital ‘I.’ It’s a vertical line, and it creates separation. It’s a barrier. It creates a separation between us and others, even between us and God. I want to be closer to God, but immediately the ‘I’ creates the barrier to separate us from God. ‘I want to love others’; the ‘I’ separates us from the others.

He said when we bend the ‘I,’ when we bend the ego, then it becomes a bridge, and it’s such a beautiful picture that we can see when we take that vertical ‘I’ that we write, and then bend it. It becomes a bridge to connect us with others, to connect us with God. What does it mean to bend the ego? It means to be humble, to be polite, to be able to say, “I’m sorry,” to be able to bow down to others, in a sense, not necessarily physically.

That is the bending; it’s bowing down. It’s this willingness and ability to let go of that attachment to our own ego and to acknowledge the divine in others, to acknowledge what’s coming to us. I love, personally, this thought that God is good and God is everything. Every religion in the world teaches that God is omnipresent. If God is good and God is everything, then there is nowhere that God is not, even in the things that we think are bad, even in the people we think are evil.

God must be there somewhere. Where can God be, even in those things? Can I bow down my own ego, my own will, and let go of my own personal will to be able to open up to God’s will, to be able to accept God’s will into my life in this moment? In these things

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that are bad, what are they teaching us but to go back to the value of increasing the light in ourselves and in others; the value of love and service and joy, the things that those bring? Again, it was this point that it begins with us. Let us practice these things.

Let us be the model, let us be the teacher of what that means. Pujya Swamiji talked about this word 'want.' 'I want peace,' 'want.' Gandhi said enough has been created for everyone's needs, but not enough has been created for one person's greed. He said to let go of our desires. What I understand that to mean is not that we shouldn't have any desires at all, because desires are what motivate to action. It's the attachment to desire, it's the hanging on to the desire.

This is that ego that separates us from others. Can we have our desires, but let go of the desires? Can we be without the need to have our desires be the only way? Can we let go of that attachment to this wanting? He said that the expectations are what create trouble. The more expectations, the more trouble. Let us replace expectations with acceptance. Acceptance creates peace. When we bring peace to ourselves, then we bring peace to the world.

In just this last minute or two that we have, he talked about how we can contribute to change. He said to be honest, be giving, be loving, be kind. He said to remember this word, sacrifice. This comes back to bending the ego. Be bending the 'I.' When we're able to remember this idea of sacrifice, then life becomes beautiful. It's not 'what's in it for me,' but what's in it for others, for all of us? Can I sacrifice my wants, my wanting, for others?

Janet, those were some of the main points that I got from this, and I want to remind all of you to join us, as well, for our Passions call. Our next Passions call with Les Brown will be on November 8th. Then, Janet, I think you were going to tell everyone, before we go, about our next Dialogues with the Masters call on November 17th.

JANET ATTWOOD: Great. Thanks, Chris. Thank you so much for reviewing in such good form this morning—I'm so proud of you—Pujya Swamiji's great, eloquent answers to the questions that we had this morning. I hope all of you enjoyed this morning with Pujya Swamiji as much as we did. On November 17th, I'm very, very happy to announce an interview with a dear friend of mine and a great saint, Devi Vanamali, who is the author of *The Play of God* and *The Song of Rama*.

She's also a contemporary Hindu contemplative and a master teacher. She is also the master of the Vanamali Gita Yogashram in Rishikesh, an ancient place of pilgrimage in the foothills of India's holy Himalayas. For many of you, you'll also hear it pronounced

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Himalayas. Devi Vanamali's warm voice and spirit and her wisdom are just wonderful, wonderful to listen to.

When I sit with her it's also just an honor, because everything I ask her is always given back in bottom-line practical knowledge that she'll share with you. I am very, very excited that Devi Vanamali is going to be with us. I spent some time with her about three months ago in the Himalayas, and it was one of the most special times that I had had, just walking with her, talking with her, and sharing her knowledge.

Again, on November 17th, Devi Vanamali is here. Then on December 15th, Swami Krishnamurti, who is a great Advaita teacher, will be joining us. He's also a farmer. Outside of Bangalore he has a 150-acre organic mango farm. The Japanese and other people have come from all over the world to visit to see why his mangos are so beautiful, perfect and big.

CHRIS ATTWOOD: Janet, I want to mention before we go that for all of our Real Life Legend Club members, the recordings of these calls are available to you in the Real Life Legends archives. You can go to those at www.HealthyWealthynWise.com and log in to the Real Life Legends Club Members to the archives to be able to listen to the recordings of these calls.

JANET ATTWOOD: Thanks, Chris, so much for reminding everyone. Again, we'd love your feedback. That would be to JandC@HealthyWealthynWise.com. We'd love your feedback on today's call. We'd love to also hear whether or not you'd like this to occur more than once a month. We're trying to get a feeling for how often these calls should take place.

Thank you all for being with us this morning. It's a privilege and an honor, and we just hope that if it's morning for you, you have a great, wonderful day. If it's evening, have a glorious evening. Thank you, everyone. Namaste.

CHRIS ATTWOOD: Goodbye, everyone. It was good to have you with us. Thank you.