

# Dialogues with The Masters

Swami Vishwananda



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**JANET ATTWOOD:** Good morning, everyone. This is Janet Attwood, and welcome to the Dialogues with the Masters call. This morning we have Swami Vishwananda. Swami Vishwananda is a spiritual Master born in 1978 into a Hindu family on the island of Mauritius. From early childhood he showed a great interest in religious traditions and spirituality.

Since his early years, he has lived in the conscious presence of God and the saints. His unique personality soon began to attract many people who had come to him looking for his advice and blessing. Swami Vishwananda embraces all religions and cultures. A special love binds him to Jesus Christ and his message, which is imbued with unconditional love and acceptance.

Swami Vishwananda's natural ease in connecting elements from Western tradition with Hindu spirituality gives people access to a very personal experience with the Divine, regardless of culture, gender or age. He says, "We are all brothers and sisters and come from the same God. Our true identity hidden behind our emotions and thoughts of daily life is our soul, our own true self. To achieve outer unity with all our brothers and sisters, we have to achieve unity within between body, mind and soul.

We have to accept and love ourselves the way we are now with our physical body, emotions and thoughts, and at the same time strive for the soul. Mankind needs to remember that all people come from the same source, and all will go back to the same source." Central to the work of Swami Vishwananda is providing and teaching various spiritual techniques and practices, which help to cultivate Bhakti within the spiritual aspirant.

Such practices include Darshan, which is blessings, regular prayer, ceremonies such as Yagna and abishekem, meditation, singing and yoga practices, as well as mudras and mantras. It is Swamiji's wish to help others find their way to their own inner divine light. Many people asking for his advice on spiritual matters, as well as in daily life, are deeply touched in their hearts when meeting him.

He encourages everyone to follow the intuition of one's own heart. He is a human being who loves God with all his heart, and has the ability to bring God closer to others in a very direct and simple way. Good morning, Swami Vishwananda. Thank you so much for joining us.

**SWAMI VISHWANANDA:** Thank you, Janet.

**JANET ATTWOOD:** Swamiji, why do you do what you do?

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**SWAMI VISHWANANDA:** This is a question where everybody asks why one does what they have to do, but actually I do what I have to do because I love doing it. I love to help people, I love to serve people. This is the role of a guru actually. The guru, the master, is not here to be served but to serve the people so that they can also advance towards God-realization, towards self-realization. This is the main purpose of life. I do what I have to do because it brings me great joy in doing it.

**JANET ATTWOOD:** Do you come from any tradition of Masters?

**SWAMI VISHWANANDA:** Yes. My tradition, actually, is after the tradition of Mahavatar Babaji, a great Master who lived in India. I was initiated by him, and it was his tradition where, also, other Masters have come from.

**JANET ATTWOOD:** This is the same Mahavatar Babaji who was in Yogananda's lineage. Is that correct?

**SWAMI VISHWANANDA:** Yes, it's the same. That's correct. It's the same Mahavatar Babaji.

**JANET ATTWOOD:** You are very young, isn't that true? You are very young?

**SWAMI VISHWANANDA:** I'm 29.

**JANET ATTWOOD:** Mahavatar Babaji, he's not in this world in bodily form. Is that correct?

**SWAMI VISHWANANDA:** Excuse me, I could not understand.

**JANET ATTWOOD:** You said he initiated you. Is that correct?

**SWAMI VISHWANANDA:** Yes. He's in this world, actually, but he's not accessible to everybody.

**JANET ATTWOOD:** Can you share the story—I know everyone would love to hear—of how he came to you?

**SWAMI VISHWANANDA:** How he came to me? Actually, I always tell this story. It happened when I was five years old. I ate one of the most poisonous seeds in Mauritius and I was admitted in the hospital. One day there was this man standing by the window

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of the hospital, outside, and giving sweets to the children in the children's ward. All the children gathered around and he was giving the sweets.

I asked him, "Tell me why you are here." It was his loving eyes, I still remember his eyes, and he looked deep in my eyes and said, "I came here to visit all my children, and especially you." Of course, at five years old, kids don't understand much about it. He held my hand, he put in my hand one sweet and one Mauritian rupee and he asked me, "Do you know who you are?"

I said, "No." I could not understand really what he meant by that. He said, "Look behind me. Do you see the light?" I looked behind him and could not see any light. I said, "No, I don't see any light." He said, "Look properly. Do you see the halo? Look properly in that direction." The second time when I looked, I saw the bright light like the sun, and around it there was another halo of light.

With a smile he said, "That's you." It was very beautiful, but still, the mind could not understand it. After that he said to me, "I have to go now because your parents, your mom and your aunt, are coming." He just disappeared. This is how I met Mahavatar Babaji the first time.

**JANET ATTWOOD:** Has he manifested in bodily form many times since then to you?

**SWAMI VISHWANANDA:** Several times.

**JANET ATTWOOD:** Does he give you your direction?

**SWAMI VISHWANANDA:** Yes, several times.

**JANET ATTWOOD:** Why do you think this is your karma? Have you ever questioned that?

**SWAMI VISHWANANDA:** Why do I think this is my karma? I don't think it is my karma. I think it's my duty. Also, I think that I came because of that purpose. That's why he's also helping me for that purpose.

**JANET ATTWOOD:** What is his message, which I'm sure is the same message as your message, to the world?

**SWAMI VISHWANANDA:** It's the same message. There's no difference. I've just carried his message.

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**JANET ATTWOOD:** Will you share that again?

**SWAMI VISHWANANDA:** Sorry?

**JANET ATTWOOD:** Will you share that message?

**SWAMI VISHWANANDA:** Babaji's message is a message of love and unity. It's a message of reconciling one's mind with one's true self, and the message of self-realization. His message is very simple, actually. It's the message of love, how you can apply the universal love in your daily life in all you are doing.

**JANET ATTWOOD:** What do you share with people when they ask how do you apply the daily message of love in a practical way in human life?

**SWAMI VISHWANANDA:** Actually, nobody ever has asked me this question because whoever is around me, they do feel it. There's no point in asking, but if somebody asked me how I do it, it's just by my actions, whatever I do. When you love everybody and you don't judge them however they are, you accept them, this is a message of love.

**JANET ATTWOOD:** How can others cultivate that?

**SWAMI VISHWANANDA:** There are many ways of cultivating divine love. First, one has to have the urge of searching for it, for this divine love. When one has the urge of searching for this divine love, one will do anything possible to reach this divine consciousness. The easiest way to reach this consciousness, to reach this divine love and to calm the mind, is to chant the name of God continuously. Japa is very important.

When one recites the name of God continuously, it's like giving the mind a toy to play with so the mind doesn't bother one in thinking negatively toward others or to thinking negatively toward oneself. When the mind is calm, when the mind is filled with the divine name, of course, you reach the heart level where the heart opens up to this love.

**JANET ATTWOOD:** Swamiji, when did you become realized, and are you?

**SWAMI VISHWANANDA:** I guess it was, I'm sorry, the Thursday I was born.

**JANET ATTWOOD:** Would you say that's true for everyone?

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**SWAMI VISHWANANDA:** Everybody is. The point is that not many people know about it. You see, the world too trapping, the world is too wonderful to look at on the outside, so people get trapped in it, so they forget their true identity and the true meaning of why they are here.

**JANET ATTWOOD:** How would you tell someone to step out of the trap?

**SWAMI VISHWANANDA:** I do talk with people about it. I do say things to people, but how to tell people how to get out of it, it's just through experience of life. Whatever you do, you do some things in life, you want, you desire something in life, and when you get it, you see that you don't have the full happiness still. There is something missing in one's life. So many times people want something.

They want a car, they have a great desire to have a very beautiful car, or they want a beautiful house or something else, something material. They desire it so much and they will do anything possible to get it, but the moment they get it they enjoy it for some time and then the happiness and the joy they had before getting it disappeared, and this fear that, "I have to desire something else.

I want something else," this is how human nature is, running always toward new things. At one point one has to say, "Okay, enough is enough. There is something greater that my soul wants. There's something that I want, but it's not in this world. It's not the physical, it's not material," and this is the realization of one's self. It's deep inside one's own heart.

**JANET ATTWOOD:** Yet, are you saying to people that they should renounce the world of activity, worldly life?

**SWAMI VISHWANANDA:** No, no. I don't say to renounce the world of the active life, on the outside, but to change the way they look at things. Whatever God is giving you, it's a gift from God. You have to enjoy it, but you have to be detached from it. To avoid pain, it's only through detachment.

**JANET ATTWOOD:** Yet, can people really just do that? If I had heard you, if I'm a spiritual speaker and I hear you say, "Just be detached," it's one thing to say it and even know it, and yet, to be it is another thing. Do you subscribe to a technique that people can do that can align them more with this state of detachment where they're in the world but not of it?

**SWAMI VISHWANANDA:** Yes, this is the same technique that I just told you about, you see. It's to sing the name of God continuously, and always place God first.

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Whatever you do, always surrender everything to God. At the end of the day when you are going to bed, just offer to God everything as a way of detaching yourself, not taking the credit for whatever you do. This is a teaching of the Bhagavad Gita, which says to do your duty but be detached from it.

Do your duty but don't expect anything in return. Do your duty, and don't even expect that somebody will praise you for that, and offer everything to God. This is a way where one surrenders and one feels free. The more one surrenders, one feels free and grows, also, but the more one hangs onto things, one limits oneself to it. It becomes difficult for that person to let go.

It is like that, and you see it in daily life, where the more you desire the material world, the more you become a slave of this material world, the more it becomes difficult for you to go out of it. The more you desire to go out, the more you desire to have self-realization, the more you desire to rise in spirituality, the more it will become easy for you to detach from the world and to center in the Divine consciousness.

**JANET ATTWOOD:** Many people who will listen to this interview are children in the spiritual world, they're just beginning. When they hear you say to chant the name of God, can you give them an example of what you're saying?

**SWAMI VISHWANANDA:** The name of God; God has thousands of names, thousands of forms. When we say to chant the name of God, you can chant the name of Krishna or Maha mantra. Hare Krishna, Hare Krishna, Krishna, Krishna, Hare, Hare, Hare, Rama, Hare, Rama, Rama, Rama, Hare, Hare. Or, you can chant the name of Jesus. Jesus Christ here on earth.

Any Divine name that you feel close with and the one you feel will help you. Like me, I chant very often the Maha mantra: Om namo narayanaya. The Maha mantra, Om namo narayanaya, is such a powerful mantra that gives peace to the mind. It also deals with your spiritual advancement, and also will look after your material wants on the outside if you have any.

It's chanted by both, people who have renounced or people who have not renounced. One thing is that we have to see that God is not limited to one name. He's omnipresent, he's everywhere. Any name you chant is his.

**JANET ATTWOOD:** Thank you, Swamiji. What is bhakti kriya yoga, and how does it help?



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**SWAMI VISHWANANDA:** The name 'bhakti' itself means devotion. It's not kriya yoga, it's just bhakti kriya. 'Kriya' means the action is of bhakti. Kriya yoga is a technique that develops devotion in man, and at the same time it makes you rise toward the God-realization and develops self-realization through devotion.

**JANET ATTWOOD:** Is this the technique that you share when people come to you?

**SWAMI VISHWANANDA:** Yes, that's the technique that I share with people when they come.

**JANET ATTWOOD:** How long does it take for one to learn this technique?

**SWAMI VISHWANANDA:** It can take one day if one really, sincerely wants to have self-realization.

**JANET ATTWOOD:** You also meditate? You said to chant the name of God, which you do, and you chant 'Om namo narayanaya. Do you also do some form of meditation?

**SWAMI VISHWANANDA:** Yes, of course, I do also meditate. I will ask what is meditation? Meditation is a way of calming the mind because when your mind is calm already, whatever you do is a form of meditation. When you are aware that God is present everywhere, of course it becomes a form of meditation, continuous meditation. As long as one's mind is troubled, one's mind is busy, one's mind is not at ease, so one meditates quietly.

My form of meditation that I give to people is very simple meditation, especially the Om meditation where one meditates on the cosmic sound 'om,' by inhaling and exhaling, listening to the breaths as you are inhaling and listening to the breaths as you are exhaling. In that way, this calms the mind.

**JANET ATTWOOD:** Swamiji, what do you feel about the present state of the world situation?

**SWAMI VISHWANANDA:** The present state of the world? What do I feel? I love all the time. I love everybody all the time. I love everything all the time. It's quite difficult to say what I feel about the world. The world is changing and one has to go with the change of the world. At the same time, one has not to let go of their spiritual path. All the world also is evolving materially.

People are running also toward materialism. One has not to forget about the most important of all. For me personally to tell about the world, it would be quite difficult

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because I accept day to day how God gives everything. I don't question it. I see everything as a gift of God, and it's God's will, however it is. For me to judge it would be quite difficult to tell. Maybe you can go more clearly on your question, then it would be easy for me to properly say.

**JANET ATTWOOD:** Absolutely. Are you concerned about the present state of the world? What do you see, and that's a better one because when I was reading your bio and thinking about you this morning, one of the words that really came out was intuition, that you have divine intuition. A better question for you would be what do you see for the world in the future?

**SWAMI VISHWANANDA:** What do I see for the world in the future?

**JANET ATTWOOD:** And are you concerned?

**SWAMI VISHWANANDA:** My concern is to awaken devotion in people. My concern is that people should not forget about the path. I see that all of the world is advancing also toward materialism. Also, lots of people are turning toward spirituality because people are searching. We are living in a time where it's very important, it's a very sacred time, where spirituality has become so easy for people to get.

Somebody searches for spirituality, they're searching for the reality. Now it's so easy through technology. It has become so easy for people to get whatever they want, whereas in ancient times it was different. It was easy also, but there wasn't a limitation on it. My point of view is that people are advancing in both ways, and people will advance spiritually also, and some people will advance also materially.

**JANET ATTWOOD:** Excuse me. Go ahead.

**SWAMI VISHWANANDA:** What I can feel is also that a lot of people see the limitation of the material world, and they are turning toward spirituality because they know that spirituality will lead them somewhere, whereas materialism doesn't lead them anywhere. It leads them to a limitation, to a wall where they will bang themselves and suffer about themselves, but spirituality will lead them to eternal happiness. Even if they have read about it, of course, they want to experience it.

**JANET ATTWOOD:** There are many people, environmentally speaking—that's one way—and there are many things that are going on in the world that are not positive. Do you see that there will be any danger for the world in the near future?



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**SWAMI VISHWANANDA:** Danger? What is danger? I ask that question of myself. Of course, humans sometimes don't think properly. They do make mistakes. Of course, with all mistakes one has to suffer for it. People do make mistakes in nature and, of course, nature has to react, but nature actually is reacting in a way that is balancing everything. What humans are destroying, nature will balance and try to make it happen in a positive way.

Whether there is something dangerous coming, I don't think so. I don't think that there is something terrible that people have to start worrying and start panicking about. People have to be positive. That's the most important thing, to be positive right now in the moment. If they're positive now, they will not need to worry about the future, how the future will be. Positiveness is very important for the future.

**JANET ATTWOOD:** Thank you. That's so interesting that you went right into being positive now in the moment, because my next question to you was the Law of Attraction that many people now are talking about, that what you think about comes about. My question was to you, can you speak more on this, the important of being positive? What do people do if they find that they're stuck? Maybe that is something you've never experienced in your life.

**SWAMI VISHWANANDA:** No, of course I do experience that. I'm also human.

**JANET ATTWOOD:** Do you still experience some times being stuck?

**SWAMI VISHWANANDA:** No. I changed the way I think and the way my mind works. You see, in life, like I said, people always search and the search is not on the outside; it's here inside of us. When one is positive, when one is centered in his true self, one attracts the divine, one attracts the positiveness. Of course, negativity will try to come in, will try to stop the person.

When one is negative, the moment a negative thought passes through the mind of the person, the person will ignore it, but if you feed the mind, which is negative, and feed it with more negativity by accepting whatever the mind is saying, of course, then you will be in the whole game of it. When your mind is positive, when the thought of negative passes through, you will ignore it, you will not feed it so you will not give the negative mind the chance of growing.

The more you are positive, the more you will attract positiveness, and the more you're negative, the more you attract negative. It's an easy example in daily life. In the morning, you wake and say to yourself, "I have a headache." If the first thing you will put in your mind is you have a headache, of course during the day you will have a

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headache, but if you say to yourself in the morning, “I will have a wonderful day,” you will have a wonderful day. You are the master of yourself. One has not to forget about that.

**JANET ATTWOOD:** Yet people still have karma. What about people who grow up in certain places? You know this because you’re from Mauritius, in Africa.

**SWAMI VISHWANANDA:** Yes, Mauritius is Africa.

**JANET ATTWOOD:** Right, so what do people do when they come from...

**SWAMI VISHWANANDA:** I will tell you one thing. With all my traveling, when we talk of Africa we think that people are very terrible and there are all these things, but then you look at the eyes of this people. When you go to India you look at the eyes of the children, and these people on the road. They don’t have anything. The happiness that they have in their eyes I have never seen anywhere else. They’re happy; they’re content about it.

They can be poor, they can not have anything to eat, but they have the happiness inside where many people who have everything don’t have this happiness. If you had the chance, or anybody had the chance, to see that, you will know what I am talking about. Somebody has nothing but yet they have everything. At one of my Darshans in the Philippines, I remember when I was there a few years ago—actually two years ago—the people there were very simple people. They were not rich.

They were actually poor people, I can say, poor on the outside. After the Darshan, what I felt was that those people had everything. Even they have things that people who have everything in the outside world in other parts of the world, they have more than that. There is saying, “What’s the use of having a big bed when you don’t have the sleep?” “What’s the use of having a big car when you can’t even drive it?” That’s what is the most important thing. This is my point of view on that.

**JANET ATTWOOD:** Do you feel there are any dos and don’ts?

**SWAMI VISHWANANDA:** I’m sorry?

**JANET ATTWOOD:** Do you have any dos and don’ts in your teaching, in your message?

**SWAMI VISHWANANDA:** Do and don’t? Of course, there should be some discipline. There are certain things that one can do and one can’t do, but it’s all a matter

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of what do you want? People can do whatever they want. You're free. God has not put any chain in your hand. You are free to do whatever you want, but when you take a path and want to know yourself, of course there should be some discipline that you yourself put to use and grow into it. The dos and don'ts are your own personal—what do you call it?—[indiscernible 31:42].

**JANET ATTWOOD:** I know just by speaking to you that, of course, you believe that every moment is perfect. That's my assumption, and assuming that, and that there are no mistakes in the universe, and that we have individuals who are on this call live today, what is the one thing that you feel everyone who has come today to be with you needs to hear most in this present moment?

**SWAMI VISHWANANDA:** What I would say to people is don't waste time. Don't waste time because people waste lots of time when we should not waste time toward self-realization. One has to always try their best, never lose hope. Whatever comes one's way, one has never to lose hope. Love unconditionally. Love and see God everywhere. Feel him everywhere. That's my message.

That's what I would like the world to be because we often limit God, we often really put the limitation to God and say God is only like this and like that, but God is everything. When we cross over all this limitation, all this dogma, then we will really find God. There is a nice saying that says, "The wise ones don't talk about God," but in our daily life, in our normal human way here in this world, we have to talk about him, then we can just say love. Love continuously.

Love. Christ has come and given the message of love. Krishna has come and has given the message of love. All these great Masters have come to spread love, to spread this true teaching of who we are, so we have to remind ourselves continuously of that and to become love.

**JANET ATTWOOD:** You said that you are very close to Jesus, as well. Would you share?

**SWAMI VISHWANANDA:** I grew up in Mauritius, which is a multi-faith country where everybody lives happily together, everybody respects each other and each other's faith. They would never go and criticize somebody else. For me, I'm very close to Christ. I am very close to Jesus because of his message of love, the simplicity that he has in giving the message. Often people forget about it. With his message of love, he helped people, he showed the way of service to people, the way faith to people, the way of praying. He showed all these things, but people forget about all this.

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For me, Jesus is one of the examples we all have to follow and become like him when he said, “I am the way and the truth and the light. There is no other way than me to the Father.” By that he’s inviting all of us to become like him, to become like him, meaning to become the son of God, to become the child of God, the children of God, to realize our divinity, to realize that God is our Father, our Mother, and that we can call ourselves children of God. This can happen only in the divine love and in this unconditional love. That’s all I can say on that right now.

**JANET ATTWOOD:** It says in your bio that in 2005, you founded what’s called the Bhakti Marga Order, which embraces both the Hindu and Christian elements. Would you speak more on that?

**SWAMI VISHWANANDA:** The Bhakti Marga: ‘bhakti, like I explained before, means devotion, and ‘marga’ means the path of devotion. Bhakti Marga, the path of devotion, is a way of attaining self-realization through devotion, through service to the Divine, through service to the people. Bhakti Marga is for people who—we have Brahmacharis and Brahmacharinis, which means like monk and nun—who live to serve people, who live to spread the message of God, to spread the unlimited love of God, so they’re people who have given their lives, surrendered their lives to live only for God and self-realization.

**JANET ATTWOOD:** We have someone named Ted Cutler who would like to ask a question of you. Is that okay?

**SWAMI VISHWANANDA:** Yes.

**JANET ATTWOOD:** Ted, are you there?

**TED CUTLER:** Yes. Hello.

**JANET ATTWOOD:** Hi.

**SWAMI VISHWANANDA:** Hi.

**TED CUTLER:** Hello, Swamiji. My question is I know that meditation calms the mind, but saints and people of realization are very pure and they’re very clear. Could you please talk about the processes and dynamics on how to purify one’s consciousness?

**SWAMI VISHWANANDA:** Purification is very important. When one starts their spiritual path, one goes through different stages of purification. First is, like I said, to purify the consciousness, first one has to purify the mind. When the mind becomes

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positive, by chanting the name of God, by surrendering to God, one clears one's consciousness also.

It all starts with the mind. You start by chanting, so then the chanting is aloud outside and this reaches the inside where you sit down and enjoy the quietness of the divine within you. Like I said, when one starts chanting, when one starts reciting the name of God, when one starts singing the name of God, the love takes possession of the person. God resides in one's heart when one chants and is filled with this divine love, and know that the name of God is very powerful, that it creates everything.

**TED CUTLER:** Thank you.

**JANET ATTWOOD:** Thank you, Ted.

**TED CUTLER:** You're welcome. Thank you, Janet.

**JANET ATTWOOD:** Swamiji, you talk about expectations bringing pain. Can you speak more on that?

**SWAMI VISHWANANDA:** Expectation for the right thing brings also goodness, but expectation for the wrong things brings pain. We do also on a spiritual path, people expect always. Expectation is everywhere. When one starts on a spiritual path, one expects self-realization, one expects that God will create a small miracle somewhere, that they will see a small light or something, but this kind of expectation still, it's good.

I don't say it's not good; it's good to see some light and all those things, but it can also stop oneself from advancing on one's spiritual path. You have other expectations in the outside world. Let's say when you love somebody you expect that the person loves you back, and when the person doesn't love you back, what happens? You suffer. It's the same thing when you do something and you expect that it works; when it doesn't work, you have pain afterwards.

To have self-realization when you come to a point of complete surrender to God, when you surrender yourself and say, "God, here I am. I surrender myself to you," you don't expect to just accept it. Whatever he gives you, you accept it and be happy with it. Expectation has, like I said, two qualities. You expect that all you'll accept. Expectation on your spiritual path will bring you only to a limited imitation of what you expected, whereas when you cross over all expectation, you will have self-realization.

**JANET ATTWOOD:** You say that prayer, meditation, repeating the Divine name, studying Holy Scriptures, self-reflection and selfless service are avenues to become more

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and more aware of God's presence. In my travels all over the world, I've noticed that people who are doing work to uplift humanity—and I seem to really, truly notice this as I go—appear to be the happiest, regardless of whether they have a spiritual technique or not. Can you speak on that?

**SWAMI VISHWANANDA:** Krishna talks about the three forms of yoga. There is the Bhakti Yoga, there is the Karma Yoga, and there is Jnana Yoga. Some people have great happiness in reading scriptures and growing in this state, and some people find great happiness in serving when the service is selfless. For them, this brings them great happiness.

It depends on which attitudes, which right attitudes, which right motives you are doing it, whereas I have seen people who are helping, they help, help, help. At the same time, they expect lots of things in return. Of course, they will never be happy. Real service is just to do it and forget about it. You will be always happy.

**JANET ATTWOOD:** Swamiji, you are going to be at the USA Kumbha Mela on September 9<sup>th</sup> in Norwalk, California. Is that correct?

**SWAMI VISHWANANDA:** Yes, that's correct.

**JANET ATTWOOD:** How can people find you? I know there will be many other Masters who will attending.

**SWAMI VISHWANANDA:** It is difficult to tell you that. I will be there, but how they will find me, I'm sure there will be lots of people. If they look properly, they will find me.

**JANET ATTWOOD:** With a strong intention, right? A great desire. For people to find out more about you, they can go to [www.BhaktiMarga.org](http://www.BhaktiMarga.org)—is that correct?—and then there is [www.Vishwananda.us](http://www.Vishwananda.us). For anyone who would like to know more about Swami Vishwananda, his websites are [www.BhaktiMarga.org](http://www.BhaktiMarga.org) or [www.Vishwananda.us](http://www.Vishwananda.us). Swamiji, it's now time to ask Chris Attwood to come on and review some of the great and beautiful things that you shared with us this morning. We'd like to thank you so much.

**SWAMI VISHWANANDA:** Thank you, Janet. Thank you, Chris and everybody.

**JANET ATTWOOD:** I actually do have one last question. When I was organizing this interview, I was told by Beverly that you don't normally do interviews. Is that correct?



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**SWAMI VISHWANANDA:** No.

**JANET ATTWOOD:** Why did you choose to do this interview?

**SWAMI VISHWANANDA:** I wanted to feel it.

**JANET ATTWOOD:** What was that feeling? Just to do it?

**SWAMI VISHWANANDA:** Just to do it! Simple.

**JANET ATTWOOD:** Very good. I'm sure it will be a wonderful thing for you as it is for all of us and everyone who will be able to now come into more contact with you. Thank you so much for being here.

**SWAMI VISHWANANDA:** Thank you, Janet.

**JANET ATTWOOD:** All love to you, Swamiji.

**SWAMI VISHWANANDA:** Lots of love to everybody. Take care.

**JANET ATTWOOD:** Chris?

**CHRIS ATTWOOD:** Hi, Janet. This morning it was such a joy to be able to listen to you, Swamiji, and for you to remind us and to bring to our conscious awareness this message of love. I so appreciated how you began when Janet asked you why you do what you do. You said, "I do it because I love to do it. This is the role of the Master." I think you would also say that it's the role of everyone, to do what their duty is to do because they love to do it, and that's what I heard today.

The tradition that Swamiji comes from is the tradition of Babaji, the great Master from India who was also Yogananda's Master, who has gained great fame in the West. At a very young age, Swamiji shared with us today how Babaji came to him when he was five years old. He was in the hospital and saw a man giving sweets in the children's ward. Babaji gave him the opportunity to see who he really was, and Babaji has come a number of times to Swamiji.

When Janet asked Swamiji about why this is his karma, he said, "It's not my karma, it's my duty." Babaji is helping Swamiji to fulfill his purpose and his purpose is to share this message, the same message as Babaji's message, the message of love and of unity, of reconciling one's self, one's mind with one's true self and being able to experience that

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state of self-realization, which, as I listened today, what I heard was that that state of self-realization is just a state of establishment in unconditional love.

When Janet asked how one achieves this state, he said it's not a matter of talking about it; it's just a matter of feeling it. Those who are around Swamiji, they feel it. There's not much question about it, but he also said the easiest way to culture that value in one's self is to chant the names of God continuously. In the Indian tradition, this is called japa. He said japa is very important, that when the mind is filled with the divine name, he said, then that reaches in to the heart, and the heart opens up to this divine love.

He said from the first day he was born as Swamiji, his experience was this state that people call self-realization or enlightenment. He also said that everyone has that state, it's just that many people don't know about it. They get caught up in the trap of this world. To get out of it, it's really just a matter of connecting with this value of the heart. He said what happens to people is that there are these great desires that arise in the mind, the desire for a beautiful car or a beautiful house.

We desire it so much and we'll do anything in order to get it, and then, when we get that thing, we may enjoy it for some time, but then the joy disappears, and so we have to go searching for something else to give that joy. It's just an unending cycle of desire and getting the desire, and then not feeling fulfilled, and then running after something new. He said human nature is always running toward new things.

At some point, there comes a point when one just says, "There's something that's greater than this that my soul wants. It's something that is not physical," and this is the realization of one's own heart, Swamiji said. Janet asked if Swamiji was saying then that we should renounce the world, and he said no, it's just a matter of changing the way you look at things.

Whatever God has given is a gift from God, and it's a matter of being able to see every experience in life as that precious gift of God. What is required is non-attachment to those objects, to those things, to those gifts which God has given. He said that attachment is a source of pain, that when we place God first and then we surrender everything to God, offer everything into God, then this is the way to detach oneself, to release oneself from the attachment to the thing, to the outward manifestation of God's gift.

He said it's the teaching of the Bhagavad Gita to do your duty and then be detached or not attached to it, to not expect anything from it, just to offer everything to God. The more one surrenders, the more free one will feel. The more we hang on to anything, the more limited we feel. The more we desire the outside natural world, the more we

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become a slave to it. The more you desire God, desire to rise in spirituality, then the more it will be easy for you to detach from the outer world and sink into that divine consciousness.

Janet asked him to give an example of chanting the names of God, and Swamiji said that God has thousands of names, thousands of forms, and you can chant that name of God that is most meaningful for you, that name of God that you most deeply connect with, whether it's the name of Krishna or the name of Jesus Christ, or whatever the name of God it is that enlivens that quality of divine love within yourself.

That name is the name that you can chant. He said—and I'm not sure I got this completely correct, so Swamiji or Janet, please correct me if I'm wrong but I believe Swamiji said—that he chants this Maha Mantra, “Om namo narayanaya.”

**SWAMI VISHWANANDA:** Narayanaya.

**CHRIS ATTWOOD:** Narayanaya. Thank you. Om namo narayanaya. This is a mantra, a chant, that brings peace and also looks after the needs in the outer world, so both things are taken care of, that God is there present inside and present outside. He said God is not limited to just one name. Any name you chant is God's name. He also talked to us about Bhakti Kriya, that 'bhakti' means devotion and 'kriya' is the awareness of bhakti, the awareness of devotion.

This is the technique that Swamiji teaches, that he was talking with us about that develops devotion in man to rise in God-realization through that devotion. He also talked about meditation and said that meditation is a way of calming the mind. When you are aware that God is everywhere, that every experience, every person, every moment in life is the experience of God, then everything is a form of meditation, but as long as the mind is not at ease, then it's useful to meditate quietly.

He said, “My meditation is very simple. We meditate on this cosmic sound 'om,' inhaling and exhaling, listening to the breath as one inhales and listening to the breath as one exhales. This calms the mind. This calming of the mind takes it out of the attachment, this engagement in this outer, so-called natural, world. When Janet asked him about the present state of the world, it was so beautiful to listen because what Swamiji said was, “It's very difficult for me to talk about this because I love all the time.

I love everything all the time. The world is always changing. One has to go with the changes that are going on in the world because this is also God, so to talk about the world is difficult. I accept day to day,” Swamiji said, “what God gives. I see everything as

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the will of God.” He said, “My concern is to awaken devotion in people. People should not forget about their path, their spiritual path.”

He said that the world may appear to be advancing toward this naturalism, toward this outer materialism, but he said also, at the same time, people are turning more and more toward spiritualism. In this time, with great technology, it’s easier than ever before for those who are searching for the reality, it’s easier than ever before for people to get what they want, to get whatever they want.

Those who are searching for spirituality, they can get that also. He said in ancient times there was some limit to it. In some ways, while it was easy, at the same time it may not have been so accessible. Today, he said, people are advancing in both ways, some toward naturalism or materialism, and some toward spirituality. Whatever people are seeking for, then that’s what they have the opportunity to get today.

In talking about this Law of Attraction, or actually talking about the fact that things may not seem so positive in the world—is there some danger in the world?—Swamiji asked the question, “What is danger?” Of course, humans make mistakes and whatever we do, there are consequences for that. If we make a mistake, then there may be some consequence that may not be so comfortable, we may suffer from that.

Nature has to react to whatever we do, but nature reacts in a balanced way so what nature is doing is creating balance. Whether something is dangerous, he said, “No, I don’t think so.” He said, “I don’t think there’s anything we have to be worried about.” Swamiji says to people, “Don’t waste time.” He said that people waste so much time, but never lose hope. Whatever comes, never lose hope. Love unconditionally. Feel God everywhere.

He said, “That’s what I wish for the world to be.” He said that we often limit God, and yet God is everything. When we cross over all the dogmas, all the limitations, then what we find is God. He said the wise ones don’t talk much about God because God is the presence that is always there with us. When we talk about God, we just say ‘love.’ He said what he loved about Christ is that Christ came with this message of love, just as Krishna came with the message of love.

In closing, Swamiji talked about expectation, and he said that even on the spiritual path there’s expectation. Expectation is everywhere. On this path, one expects realization, to see some light, to have some experience. This can be good, but it can also stop one on the spiritual path. He said that you can expect or you can accept, and when you cross over all expectations what you will have is self-realization. For all of those who are listening, to be able to connect more, to hear more, to experience more of Swamiji, we

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can go to [www.BhaktiMarga.org](http://www.BhaktiMarga.org) or [www.Vishwananda.us](http://www.Vishwananda.us), and Janet, I'll turn it over to you.

**JANET ATTWOOD:** Thank you, Chris. That was so beautiful. Thank you. Next month on September 20<sup>th</sup> we have Jeddah Mali, who is one of Jack Canfield's—the enormously successful author, *The New York Times* bestselling author—spiritual mentors. She'll be with us next month on September 20<sup>th</sup>. To everyone, we thank you so much for being with us. Thank you, Swamiji Vishwananda, so much.

**SWAMI VISHWANANDA:** Thank you, Janet.

**JANET ATTWOOD:** To you, I just want to say, Om namo narayanaya, Om namo narayanaya, Om namo narayanaya, Om namo narayanaya. Thank you, Swamiji.

**SWAMI VISHWANANDA:** Thank you, Janet. You have a lovely voice, actually.

**JANET ATTWOOD:** Thank you, Swamiji. All love to you.

**SWAMI VISHWANANDA:** All my love.

**JANET ATTWOOD:** Thank you. Bye-bye.

**SWAMI VISHWANANDA:** Bye.

**JANET ATTWOOD:** Good morning, everyone, and have a blessed day. Bye-bye.