

The Hayes, UK 78

1. Crime and Punishment/Christianity and Satan.
2. On time and space/Thoughts in Meditation/Growth in environment/Yama and Niyama/Tapas/Brahmacharya.
3. Lecture on Raja Yoga – Part One.
4. Lecture on Raja Yoga – Part Two.
5. Handing out the blessed gifts and why Amrit and Gita are going to the USA.
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7. Ambitions spiritual and Material/Changing and giving of Spiritual names.
8. Chance in the relative and the difficulty of chance/Harmony and balance/Authority in life/Evolution and re-incarnation/Cycles in life.
9. Judging our Spiritual Unfoldment/Seeking knowledge/purpose of Life.
10. Surrender/worship and devotion.
11. Maya/Dreams/Levels of the mind/Altered states of consciousness/Different worlds/Fairies and nature spirits.
12. Love of self and others/Religious relics of saints and their power.
13. Scriptures and their part in the Spiritual Path/Nature of the third eye.
14. Goodbye – Amrit and Gita Leaving – Thank You.
15. Prayer/Self-forgetfulness/Right Speech/First birth karma/Retrogressive re-incarnation.
16. Introduction/Preparatory technique/Discussion on prep Mantra.
17. Teachers responsibility/BMS group soul.
18. Mantra Meditation/On Tratak/Pranayama 4.16.8./I.F.S.U, B.M.S.
19. Gurushakti/On Faith/On Gururaj receiving the for ms.
20. Breathing, watching the gap/Moving energy/Night Practice/Life as a meditation/Making the full counsellors.
21. Responsibility of Guru to chela and chela to Guru/Losing the individuality/Outside feelings of pressure and devotion/Evolution.
30. Unconditioning and samskaras/Self Help/Facing Weaknesses.
31. Gururaj on death and life/Pavitrananda/Kundalini Yoga.
32. Kundalini Yoga – Part Two/Love and Promiscuity.
33. Twitches and Kundalini rising/Déjà vu – being born before.
Time and space/Dreams/Dying and death/Memories/Living in the moment/Fulfilling of dharma/Fear/Gurushakti.
34. How we can open our hearts.
35. Conflict between ego and realisation/What happens to the ego of a realised man when he dies/How should we be with our children.
38. Bondage and non-attachment/Animals and humans/Surrender the will to divinity.

St. Albans, UK 79

39. The nature of the higher states of consciousness/Talk on then nature of time – space and rhythm – all dimensions.
40. The relationship of the Guru and the chela – Pavitrananda and Guruji.
41. Service and life – offering prayer and Swamiji.
42. How can we develop in life to be better channels/Balancing the gunas reaching the Superconsciousness – Practical values of life/How can we show devotion without sign or word.

44. On states of consciousness and the seven and us/When does life begin/Cosmic consciousness/What to do with overwhelming fire of desire.
45. Transcending and fear.

U.S.A. Tour 1978

East Coast

- A/USA/78/10. Amrit on Gurushakti.
 USA/78/11. Why does it take so long for some to recognise you.

UK Tour, April/may 1979

Nottingham

1. On Christianity/The completeness of the mind, removing the blocks to the superconscious/Personal God – Impersonal God.
2. Acceptance/Surrender/Devotion/Animal instincts/Discrimination/The tool of analysis. The Turin Shroud.
3. About Christ – his miracles, ministry, healing and karma. Expansion of awareness/Consciousness/Marriage responsibility.
4. Jesus – Crucifixion and resurrection – an interpretation. Words on Communion.
5. Paradox of detachment and devotion/Action for actions sake. Ego and its disguises/What can be done to help over evolution.
6. Do all enlightened beings vibrate at the same frequency/Heightening ones vibration. Improvement in Life – Life becomes a meditation/Yogananda – Kriya Yoga. Moods and mood making and going beyond.
7. Soul and its differentiation at different levels of evolution/ Re-incarnations/Different Planes/Grace, workings of the mind.
8. Question of I Ching, Sri Ananda and other practices. Happiness during activity etc./Gurushakti/Mantra/Chanting/Tratak.
9. Too much effort nothing goes right – too little nothing gets done. Spiritual unfoldment and what it means to the individual. Going beyond the samskaras to the source.
10. Conception and birth/Soul/Trough forms/Subtle energies/Soul with sperm/Women vibration makes choice/Choosing ones parent/Sexes are equal in status/Mothers thought influence on her baby/Women and society/Trauma of childbirth.
11. How do we jump from intellectual knowledge to experience – belief – doubt – conflict.
12. The meaning of the full technique affirmations and making it real to the best of ones ability/Everything is truth/Plans for IFSU and BMS/Love – to help all seekers to know that.
13. Krishna “Come to me” surrounding all the laws of Gurushakti. Come to me – Bhagavadgita/Kali Yoga/Mind on mind/Gunas. Value of psychoanalysis.
14. (Song tape) Arti/Bajan/Prayers/Pavitrananda Puja – Gururaj.

The Hayes UK 79

15. On discrimination/Judgement and discernment/Make up of the mind. Sense organs/Mind and Heart join hands/Wisdom

16. Thought, word and deed act separately-what are the mechanics. Overcoming problems. Time and space creation.
17. Karmic values in humans, animal and plants/Relationship with animals/Universal spirit is karma free. Evolution of the Soul – stone – plant – animal – man.
18. Tantra Yoga Part 1. Total involvement in action/Breaking out of the patterned responses/Total awareness/Merging of the small I with the Absolute.
19. Tantra Yoga Part 2. Balancing of the gunas/Equilibrium of the universe /Creation/Selection of the mantras/Hatha yoga/Merging of two souls.
20. Levels of consciousness – siddhis and awareness when we drop the body/Integrated strength/Growth of knowingness.
21. Chanting tape.
22. In the yearning for enlightenment what should we do if fire is not strong/Journey to/Turn attention to good/Beyond opposites/End Judgement being Love/Goodbye.

High Leigh

23. Yogananda not killing the mosquito/Killing/Non-violence and the mental attitude/Pain/Oneness/Identification/God Consciousness/Losing individuality.
24. On pain and pleasure/Thoughts are actions/Responsibility of actions and how much is the effect of our actions our responsibility/Personal responsibility/Conflict. Mechanics of healing and space/Enlightened Man Healing.
25. The movement and role of single people in society and how to get the best from situation/Arranged marriages/Qualities of male and female/Spiritual values/Western Marriages/Morality/Aid of spiritual practices.
26. Lead us from temptation – interpretation of quote.
27. Why does the questioner question?
28. Is it possible for a Meditator doing 2½ hours a day to reach higher states or is it selfish.
29. Effects and non effects in the communion practice. Quote from Universal Prayer on the purpose of the Divine Plan. The avatar unbound by karma, truth and experience/ Rama in Atlantis/Blessings of being with such a master. The Master's come to give us rebirth – with force and practices.

Dillington House

30. Hallo from Gururaj. Finding God and the use of structure and ritual of religion/Contemplation of Divine/Go beyond mood making.
31. Choice of personality before birth and changing the personality with meditation and life experiences/Blockages/Meditation teaches Love/does the Soul choose personality/How can we cultivate and integrate Love.

Nottingham

34. Evolution and progression, its outcome/Who am I/Spiritual Practices/Self Help/Grace/Karma/Dharma/Samskaras/Who controls who.
35. How can you love as you do/Heart/Shiva becoming shakti/Negativity.
36. Is enlightenment catching/Power of Grace/The Company of enlightened Men/Selfishness.

37. This tape has many short questions/Power of Grace/Corruption/Evil/Healing/Karma/Intellect/Avatara/Hatha Yoga/Politics.
38. On the nature of good and evil/Working out of karma/Subtle levels/All actions being good.
39. Nirvana/The Void/Liberation/Krishna.
40. What is conscience/Samskaras/Blocked energy.
41. Identity and personality.

U.S.A. Tour, July/August 1979

West coast – La Casa

13. What is True/Friendship/Qualities of Friendship/Expectations/Selflessness/Perfection/Imperfection/Unity in diversity.
14. Judgement/Why we judge/Who judges who/Conflicts in the mind/Release through dreams/Harmony and integration/What one imparts by teaching/Attitude in teaching/Why do we deny the Divinity within/What is denial/Faith/Acceptance/Recognition.
15. Hindu Mythology/The Four Yugas/Cycles of the Universe/Three Gunas/Five Elements of the Universe/How the Universe begins/Degrees of refinement/Origin of motion/Finding stillness in motion.
16. Does the avatar Experience Pain/The reality of pain and pleasure/Switching off the senses/The Avatar's unfoldment/Teaching of the Masters/Channel of Grace.
17. Why does the ego try to preserve itself/The function of the Ego/Fearing of losing ones identity/Attachment to the body/Illusion/Who is eternal/Cause of schizophrenia/Masters of the ego/Acceptance and discipline of children

West Coast UC SB

18. Must we experience unpleasantness/Is it a reality/How to become more accepting and understanding/Unpatterning/Unpatterning of the mind/Does it require Group Consciousness to experience joy in life/Unity in diversity/How does the enlightened Man contribute to group or individual Consciousness.
19. Finding peace of Mind/Awakening the right and left hemisphere of the brain/Letting go of self/Expectations/Surrender/The laws of Nature and Devine Grace/Nonattachment.
20. What is Purity/Association of ideas/Clarity of mind/What separates us from God/Purification of Man/Subtle nervous systems/Discipline/Hot line to the super consciousness/Simplicity/Physical immortality.
21. True Commitment/Why does one deviate from Commitment/Adding the Heart Quality/Developing understanding/Shout there be Love before a marriage commitment/Acceptance/Compatability/Honesty/Freedom to choose/ Real sharing/Tolerance.
22. Faith/Regaining Self confidence/Who is worthy to qualify or judge a Spiritual teacher/Bhakti/Bhakti Yoga/Surrender/Mechanics and effects of affirmations/Auto suggestions/The greatest affirmation.
23. Samskaras/How are they created or picked up/How can they be dissolved/Individual Samskaras/Good-Bad Samskaras/Three gunas – Basis of all Samskaras/Universel Mind/Finding Oneness/Does the incarnation have Samskaras/Going beyond the personal God.

24. Jesus – his life, His teachings/How have great teachings been watered down/Christ Consciousness.
25. Rapid Fire Satsang/Questions and Answers – Various.
26. How did free will develop/What is its use/Merging free will with Divine will/Controlling choice and analysis.

Lichtfield

27. Relationship with IFSU to Christianity/Meaning of Life/What underlies religions/Theologies/Re-generating ancient teachings. Finding oneness and integration/Use of Mantra/Vibration/Creating balance and harmony within.

High Leigh,UK/80

1. Teaching/Is statement “God is Love” completely true.
2. Discussion of levels of awareness and perception.
3. Knowledge and wisdom/Signposts on the spiritual path.
4. Are the paths of the householders and spiritual seekers reconcilable?
5. When did Christ say, “I am the only way”?/Some Christians dismiss all other teachings because of this saying.
6. Spiritual names/Teaching/Peace/Healing prayer/Occult and psychics/Fear of meditation/Teachers remarks on forms/Speaking of Gurushakti to new people/Initiation and mantra/Individual vibration/Gurushakti/Time spent with problem meditators/Effort in meditation.
7. Why do Avatars need 30 years when they are born karma free/Dealing with others upset or frightened by our spiritual growth.
8. Why some people don’t meditate/Dream therapy/The Avatar/Resolving guilt/Control of pain.
9. Universal soul composed of Universal mind/Soul that is distinct from Divine Spirit/Ego part and parcel of individual mind.
10. Concepts/How we are deluded in our lives because of lifetime concepts. (Not a complete tape – question and first part are missing).

The Hayes

11. When talking to people, how, do we know what we know/If your mind fool us into a non-trust, does it really matter/Mechanics of knowledge.
12. What is the nature of personal reality?
13. Right attitude for spiritual growth and what is its importance?/Importance of meat, alcohol and tobacco.
14. Highly developed soul have ordinary personality/Judging a spiritual master/Living in the moment.
15. Discriminating between ego games and guiding intelligence.
16. State of turiya/Credit cards/Evolutionary path only way/Thoughts during meditation/Siddhis/Devotional objects appearing in meditation/Atonement/Helping others/Difference between enlightened man and Avatar/Avatars.
17. Self-help in practical situations/Does one help one’s self adversely, or only in the proper manner.

18. Length of meditations/Any way to further evolution of those who have chosen not to meditate without encroaching on free will/Why not seek signs of spiritual growth since Guru constantly speaks of benefits of spiritual practices.

Heigh Leigh

19. Difference between karma and dharma/How we overcome negative feelings which may arise in performing these.
20. Justification for moral standards adapting to the times/Premarital sex/Should Christian codes remain standard codes/Permissiveness in society/Violence.
21. Patience as opposed to laziness/Patience cultivated-becoming second nature/Objectification of negative thoughts.
22. Difference between chit(consciousness) and sat(truth)/Recognising this in our daily lives/Description of ananda(bliss).
23. Guru just is/Whatever happens depends on each individual's acceptability/God – Divinity does everything.
24. When did Gururaj realise his role as Guru/How did he, as an individual, relate to the realisation of the Guru/Are there any individuals now going through this process?
25. Discussion on the communion practice(Not a complete tape – question and first part are missing).
26. Adoption/Conservation of world's resources/Psychosis, and self realisation/Letters/Sending positive energy/Tai Chi and meditation/Other mantras/Helping a person who has had a nervous breakdown/Mandala/Chakras and subtle body.
27. We reap what we sow/Perfection be gained through satisfying all desires.

High Leigh UK September 1980

31. Why need an outer Guru/Can we find inner Guru without outer Guru/Law of retribution.
32. Why are we responsible for our thoughts if thoughts is not our own.
33. Why have there been changes in IFSU – especially in aspect of leadership.
34. What is the period of transitions that man is going through on earth.What is the mantra/How Gururaj gets the mantra/The 12 levels in which we exist.
35. Experience of people in communion practice/Universal mantras/How people realise they have found inner Guru/Definition of “an eye for an eye” and “turn the other cheek”/Halos around saints pictures their auras/Where will we be reborn if this planet is destroyed/ Can we be reborn in the past/Will we see Gururaj after our death?/Can we reach enlightenment in this lifetime.
36. How to have a conscious death/What happens after death.
37. Prayer at death/Mandalas offered only at Courses?/Everything brings about enlightenment/Purity in negative thoughts/Do we regress from life to life/Entire memory contained in mind/Why add number of chanting rounds/No coming and going of Christ consciousness/Realising our dharma/Meditation in pyramids/Goodbye to Hugh

Caxton HallUK. 80

- 39a. Jesus said “I myself do nothing. It is the Father who acts”. What did he mean.
- 39b. How to handle a negative disposition.
- 40. Douglas K. MacConnell.

BradfordUK. 80

- 41a. Learning to come to terms with pain and suffering/Mechanics of acceptance/What is pain and suffering?
- 41b. Words as means of communication/What are alternative Affirmation techniques/Predestination.
- 42. Difference between morality and purity/Purposefulness and intention.

U.S.A. Tour april 1980West Coast

1. What is the soul/Experience of man following the “Big Bang”/Mind not real in the absolute sense/Intellect draws only from memory box/No misery – only assumed misery/Ignorance due to knowledge/Daily problems overcome through attitude/Ridding ourselves of wrong thinking.
2. Can our love for another be blocked/Expect no return for love given/Suffering due to selfcenterdness/Sending love to deceased/Strength received from Guru/Depend on yourself/All good and bad desires are eventually fulfilled if we “knock”/Meeting our loved ones in another incarnation
3. Expectation and planning/Expectation without attachment/Changing thought patterns through positivity/Attachments can materialise after death/”Our Father” – greatest prayer/Accepting results of our actions.
4. Sacrifice, why should we/What is true sacrifice/Harmony, permanent gain through sacrifice/Divinity chases us/Tithing/No one is unfortunate/Sacrifice within family, work and world.
5. State of chaos in world/Tendency towards destruction in the near future/Results of destruction of Atlantis/From psychiatrist to Guru/Will California sink into ocean?/Love your neighbour as yourself/Recognising divinity in our neighbour/our responsibility for world improvement.
6. Sickness originates from mind/Advantages of disease/There are no accidents/Curing disease/Coping with terminal disease/Increased turmoil following suicide/Temporary relief from healing.
7. RAPID FIRE: Purpose of white handkerchief during Full Initiation/Touching the Mandala/Pranayama, the proper way/Is Earth a being/Why is Sanskrit used in initiations?/What happens during a coma?
8. RAPID FIRE: Organ donors and recipients/How does meditation protect us?/Apparitions/Grieving over loved one’s death/Judgement and opinion/Faces during communion/Proper way to pray/Praying for the sick/Affirmations and petitions.
9. West Coast Course Evening Concert.

10. Guruji's version of the "true way"/Rama Krisna on "avoid gold and women"/Self-protection through judgement/Vivekananda in America/Societies' attitude toward enlightened men/Importance of women in the world/A monk's life vs. the householder's.

East Coast

11. Washington D.C., Sheldon Tromberg's Late Night Talk Show. Public questions over the radio.
12. Washington D.C., Dunbarton Methodist Church. Introductory lecture by Gururaj. Shall we forgive or forget/To forgive is easy, to forget is difficult.
13. Does God get angry/ Negativity reflects back to us/Secrets of Universe/We are our brother's keeper/Realising the dream of unreality/Stop judging, start loving/840.000 lifetimes to reach the state of man/Gods envy man.
14. Can mind be altered/Acquiring guilt through selfanalysis/Distracting ourselves through our "growing pains"/Spiritual path is a healers path/While seeking divinity, joy dawns/Too much emphasis on the body/Effects of food on the mind/Importance of exercise//Vibrations contained in food/Rapid spiritual growth through good diet.
15. Surrendering to inner Guru, outer Guru or Jesus Christ/Experiencing "being"/The unimportance of the mind/Man's inability to know highly evolved beings/God plus man equals mind/Modern psychology vs. the mystic/Suffering of the Avatars.
16. Rest period between lives/Remove boredom and force from life's duties/To be loved – love/Do less – accomplish more/Creating our own circumstances in daily living.
17. Voice of the Inner Guru/Guru as "tour guide"/The search for the Guru/Jesus' chelas/Mark of true teacher/Mary Magdalena – Jesus' closest disciple/Human limitations of the Avatars/True meaning of Jesus' crucifixion/Growth through adversity.
18. Planets similar to Earth/Earth's connection with other planets/Experiencing developed beings through meditation/Explanation of myths/Chanting – reaching the finest level of existence/We are receptors of universal thought/Turning the other cheek/Acquiring answers through meditation.
19. RAPID FIRE: Is time linear/ Spiritual guides/Mediums, Fairies, pixies and gnomes/Can we be possessed by another/Effortlessness of pranayama/How does Guruji need us?/Does gurushakti affect Guruji?/Choosing our sex before birth/Phobias/Is astrology valid/How can we love ourselves more?/Hypnotism/Suicide due to imbalance/Recognition of cruelties through experience.
20. RAPID FIRE: Types of healing/Benefits of daily challenges/Gurushakti/Beauty of marriage/Guruji's marriage/Thoughts in meditation/In depth explanation of tratak.
21. How soul unfolds to self attainment/Difference between soul and spirit/"Big Bang Theory"/Evolutionary process/Man's outward search for happiness/No pleasure without pain/Drawing grace to ourselves/Self-improvement improves the world/Achieving mastery of mind/Dissolving impressions in the mind/Reaching abstract through concrete/Why man should open his heart.

Midwest

22. Mind is basic element that stands in the way of unfoldment/What is mind composed of/What power do thoughts have.
23. Does intellectual function have a lot to do with potential of achieving a true state of being/Highly spiritual being can never be recognised by mind/Art of seeing – Art of senses.
24. Purpose of individuals being born a different race or colour/Attachment vs. non-attachment.
25. When does the soul enter the body/Difference between soul and spirit/Evolution.

East Coast

26. Must we always have the good with the bad/What is good and bad.
27. What is liberation/Which part of a person is in bondage/What creates bondage and freedom.
28. How can we know our own work (job) /Seeing God in everything we do/Work as service.
29. Rise and fall of civilisation/We measure rises and falls in civilisation by means that certain people's have/In reality nothing has changed except the technological advances.
30. Can obsession with spiritual development be self defeating.
31. Electronic vibrations vs. vibrations of mantra/Chanting/Benefits of chanting/Personal divinity/Socio-economic systems of civilisations/Different planets serve different races and stages of development/Mythology/Who's watching this play/Are we just a combination of energies over a period of time/What is time?
32. Love relationship between Guru and Chela/How differ from man/woman and brother/sister relationships.
33. Pacifism – must one protect one's self/Protecting one's self with love can aid in setting the oppresso right.

West Coast

34. How help those around you/Seek balance/What is help?/Why do we see unhappiness and hurt in others?
35. Glory of natural universe around us.
36. What is experience in meditation when there is no thought and no mantra.
37. Why are we born in this life without wisdom we gained in previous lives/Knowledge and wisdom.
38. Role played by words in transmission of spiritual wisdom from Guru to chela/Words and thoughts.
39. Are saints or souls that have passed on able to hear us/Do they benefit from our prayers?
40. Process in learning to recognise our divine path.
41. Are there beings on other planets/Living organisms in the universe/Other worlds inhabited/Telepathy.

42. Cleanliness next to Godliness/Meditating in a hot tub/Life on another plane of existence/Mandala/Modern life and its affect on spiritual growth/Soul and seeker/Fetal development/Images during meditation/Fasting/Third eye/Birth control.

High Leigh June 1981

1. When in presence of a master, it is as though we awake from deep sleep. How to maintain this wakefulness.
2. Does conflict exist between material needs and the spiritual path/Value of difficulties/Effect of free will on Karma.
3. Influence of other planets – being yourself as a Guru.
4. Is opening of the heart due to the ego or divinity/Effect on relationships/Mantra selection.
5. Is there conflict for a Christian in Gurushakti/Value of a living teacher/Ajna chakra explained/Value of effort/Value of Tratrak.
6. (Quick fire) Healing explained/Relationship between humans and animals/Seeing Guru in meditation – any dangers/Should effort be made to spread message from a master?/Biorhythms/Value of absent healing after meditation/Effect of healing on Karma of subject/Recognition of sincere spiritual healer.
7. Discourse by Gururaj during communion practice/Dangers of global disaster.

High Leigh November 1981

8. What is correct attitude to the Nuclear Threat.
9. Gururaj's views on cults and their leaders.
10. Other planes of existence/Peace movements/Teaching effort/Tratrak/Clairvoyance/The law of Grace/Purification/Drawing together of groups.
11. On balance and refining in relation to our sex energies.
12. After communion (short tape – bad quality).
13. On the Personal and Impersonal God and Avatars.
14. The spiritual value of good intentions.
15. Love for animals (including putting to sleep)

UK Tour January 1978

63. Why is nature so apparently cruel/Human suffering/Fear and the chasing of one's own tail – how to let go and just be.
64. Surrendering the personal will to the divine will/Male and female is there a difference or is it an illusion.
65. The mechanics of healing.
66. Devotion, worship and the Guru/Guardian Angel/Values in experience.
67. Goodbyes (10 minutes).

U.S.A. Tour 1978

1. Is there any way to discriminate between intuition and imagination.

2. Values of photographs and icons/Good definition of worship, devotion and love/The role of the Guru.
3. Goals/Subjective and objective/Three Gunas – mind – Divinity – overcoming weakness – oneness – objectivity – Self help – Gurushakti./Is all knowledge needed for unity/Why all talk – why not more experience.
4. Ideals and their proper use – what causes disillusionment.
5. Why are we born as Man/Woman/How should we respond “Am I happy with what I am”?
6. Mandala – Check.
7. How can we go beyond his limitations to achieve oneness with you,
8. Mandala checking.

East Coast

9. How do we distinguish faith and belief/What is the difference between the personality of a soul and the personality of any lifetime.

U.K. Tour January 1978

High Leigh

47. Prayer and positive thoughts/Self surrender – devotion/Astrology/Praying to the moon/Higher beings.
48. Symbols and symbolism – love – words – subtle levels of meaning – projection/On one – pointedness in daily living.
49. Ego and Universality and recognition of ego/Surrender and acceptance and the danger of illusion/Bystanding or observing chant.
50. Gita and Amrit on America/Sanskrit Pronunciation – Hugh. Experience in Meditation/Relationships between Guru and chela – on being near Guru.
53. What do we tell people who have violent experience in Meditation/Dreams – Visions/Choosing Mantra/ Bond of Guru and chela/Guruji’s purpose and teachers dharma – spread the message of love – teach/Prayer.
54. How can we grow to have more peace and happiness and not to rely external help/Decision making.
55. Illness – mental, physical, spiritual – how should this be accepted/Maya/Life is a game – how shall we play and when we are realised do we play a new game.
56. Do we go through all pleasure and pain on the way to enlightenment (story of King Agab – looking for the happiest man in the world).
57. Public Talk – Kamal and Amrit/Guruji talk on Love.
58. Public Talk cont’d – Amrit on BMS Meditation/Use of drugs and meditation/Freewill and predestination.
59. Ridding ourselves of greed.
60. The path to enlightenment/Steps in consciousness, waking deep sleep, dreams, cosmic consciousness/What can we do when we are suffering.
61. Discuss relationship between prana and the three gunas/Does the person in Unity identify with all suffering.
62. The purpose and need of ashrams/Personal beliefs and their validity/What is meant by the quote that in fulfilment all desires are realised.

European Tour January/February 1978

Denmark

1. Namaste discussion/Is life a dream/Self Discipline/Posture in Meditation.
2. Reaction to seeing and meeting God the first time.
3. Channel and psychics.
4. Weakness and what to do.
5. Introduction by Amrit (at Theosophical Society)/ Meditation and progress/How Mantras work.

Spain

1. Self-renunciation and self-love/Gururaj leaving the body/Babaji.
2. On the population increase/On suicide/Eternal Damnation.
3. Spiritual growth/Psychological improvement/Anger towards others/Good and bad.
4. Introduction by Amrit/Born on Spirit, baptised by water, control of breath/Danger in going to Divinity for small I.
5. Introduction by Amrit/Nature of Yoga/Prayer and Meditation/Help from Guru/Mantras.
6. One truth of many truths.

Germany

Number of souls/Suffering and karma.

Gururaj Bibliography/Conflict/Purification/Grace and Divine force/Hole in personal bucket.

Catastrophe./Thought, word and deed, karma/Catalyst to thinking.

Time and karma.

Evolution and progress.

Public talk – Introduction by Amrit/Creation of the soul/Learning to see without spectacles.

U.S.A. Tour 1977

22. Introduction by Amrit/Spiritual practices individual needs/Source of techniques/Thoughts and actions.
23. Lacy Stern Centre satsang.
24. UNLU satsang Las Vegas.
25. Introduction to course – Amrit/The need for long courses.
26. Explanation of chanting and gong meditation/Divine love and attachment.
27. Discussion of forms and practices/Tratak/Pranayama/Negative and growth experiences/Spiritual basis of money.
28. Evolution and planes of existence/Soul's evolution.
29. Relationship between angelic and human kingdoms/Angels return to human form.
31. On spiritual names/Meditation in sleep/Subduing the ego/Expressing the good/Baby's birth and karma/Dream goal.
32. Rejoining the creator and the future/Contraception/Personal and impersonal God.
33. Chant.

34. Sanskrit development/Inner energy.
35. Gururaj goodbye.
36. UNLU satsang Las Vegas.
37. Gong meditation/On Gururaj/Prep. technique/Levels in mind/Moments of stillness/Flashy experiences/Change in everyday life/Working things out/Puritanism.
38. Is there a time to be a recluse/Suffering and karma/Faith, karma and the guru.
39. Explanation of chant/Mantra/Prep. technique (very good)/Tratrak/Chakra activated/Pranayama/Chanting by oneself/Male and female aspects.
40. Healing/Emblem.

U.S.A. Tour 1977

1. Amrit – Introduction to Guruji.
2. Boring meditation/Chant and gong.
3. The Law of Grace/What is Grace/I am what I am/Akashic records/Connecting thread/Food and spiritual growth.
4. From Divinity to Divinity why/How to open up from inside/Thinking and worrying/Present age – tendencies/Philosophy/Growth.
5. Karma negative and positive/Gurushakti/Separateness/Loving everything/Jesus the only one/Truth.
7. Amrit on Guruji.
8. Heart and love/Sexual relationships and love/Divinity hidden from us.
9. Catastrophes and cycles on earth/Three gunas/Karma/Christ's karma/What is marriage in the eyes of Divinity.
10. What is bliss/Dharshan/Meditation/Prayer.
11. Pranayama/Concentration/Chakras/Three aspects/Transcending/Energised/Level of chakras/Staring/Wrong mantras/Two mandalas in family/Mechanics/Tratrak.
12. Mandala check.
13. Openness of mind – mood making/Checking meeting.
14. Love and spiritual practices/Change and causality.
15. Karma and re-incarnation.
16. Mantra mechanics/Tratrak/Have you completed your own development.
17. Value of religion and meditation/Using the divine energy/Chant /Positive affirmation.
18. Attachment and detachment.
19. Kundalini Yoga/The subtle body.
20. Consciousness and dreams/Creative dreaming/Ajna chakra/Morality and the Ten Commitments.
21. The right path/Universality/Extracting the milk from the water. Music.

U.K. Tour June/July 1977

28. Possibility of catastrophe and its aversion – teaching and humility/Guru and worship vs. devotion/Suffering for faith – martyrdom.
29. Thought energy - speed – selectivity – mechanics/Do good – be good and moodmaking – karma yoga/Blessing.
30. Non-violence, its validity and limits/Mind and what can we do about it/Difference between mantra and spiritual name/Love thy enemies/Opportunities for growth/How can one be in the moment and love them.

31. Mechanics of sleep/Why sleep/Moods from sleep, dreams/Eastbourne – mental experiment – reality and delusion/People who drain us of energy/How can we help them without draining ourselves?/Giving mind and body/Taking negative karma out of other people/Does the enactment of the law of Grace disturb the equilibrium of the law of karma?
32. Freewill – is nothing accidental/Are all plans programmed in the Divine computer/Spiritual upliftment from music – rhythms – east-west – performers celestial music – Beethoven was deaf, is this significant?
33. Beliefs and reality/How can we use our own thoughts to help us/Problems – to be non-attached to the fruits of action/Discussing the mechanics of enlightenment/Enlightened man can make mistakes or is he perfect.
35. Knowingness – spontaneous – internal experiences – mind and knowledge – Isness/Development to higher consciousness does the desire for enlightenment decrease/Spiritual evolution of humankind part of a higher plane.

U.K. Tour June/July 1977

17. Fear – perfect love/Choosing before we are born and the interim period.
18. Reincarnation – choices – between lives/Time dimension and awareness/Choice of path or Guru/Why is it so difficult to recognise divinity?
19. What is the role of devas, gods, Christ, personal God etc./If subconsciously negativity comes to the fore, how can one deal with it, especially if it is overpowering?
20. Fear – loss – after loss of fear of death – nature is Divinity/Why are meditations boring – to be discussed personally/Flashes of telepathy and intuition – the mechanics – siddhis – Patanjali – Sutras – healing/Justification for siddhis/Tratrak.
21. About laughter and jokes, eg. fear – nature of laughter and tears/God's participation in future knowledge.
22. Christ and Gururaj and realized beings – Avatars/Decisions and making them – balancing the laws of Karma/How can you tell the lesser evil/Subtle bodies – how do they fit in closeness and can Gururaj see them all the time/Groups – different movements/Doug MacConell by Amrit.
23. Must all desires be fulfilled?/What about conflicting desires/What are the reciprocal responsibilities of parents and their children to each other/Can one pray for the welfare of deceased loved one/What is the meaning of the chant?/Spontaneous chant.
24. Which part carries the samskaras between births/Society in a mess – change it/How can we change it?/How can we change to avert a catastrophe.
25. About chant/Money and giving/What is the best way to benefit from your advice/Love.

High Leigh 1977

26. Children and meditation – how should we approach it?/Experience in the womb and at childbirth – is birth traumatic?/Is it advisable to go to the Hare Krishna Temple?/Meditator's experience/Blessing.
27. Stonehenge/Reincarnation to other worlds and civilizations/Life – reincarnation and where do we start the journey/Worship and devotion – not answered till next satsang.

U.K. Tour June/July 1977Damascus House

14. Robert – reading list – Vivekananda/Full Counsellors discuss phenomena and experience in Gururaj’s initiation of them/Is there a being who knows it all?/Development and integration – concerned about the heart and emotions being led astray by the mind and emotions/Killing (snails on my lettuce and antibiotics – letting die)/Praying to our Father who is our Selves/Affirmations.
15. Amrit on healing, suffering, giving mandala techniques, sitting up with prep. technique. Gururaj – jerks and shuddering in meditation/Drugs – energy flow in subtle body/Spiritual link/Hating mantra/Distasteful mantra/Strength – anger/Gospel of Sri Ramakrisna/Miracle seekers/Tratrak/Imagining and visualization/Prep. technique/Purpose of our teaching.
16. Promises – to each other – what is there in a promise/When is it advantageous to remember previous lives/How and what is purification?/In this life are we continuing purification/Does the technique destroy karma of the past and future?/Reincarnation - is it inevitable that you will remember – why don’t all mystics talk about it?/How does one explain the creation to a materialist.

U.K. Tour June/July 1977The Hayes

9. Group meditation/Wholeness and health/Integration of body, mind and spirit/IFSU around the world/Children/Abortion/Choice of soul/Coincidence and incidence/Hatha yoga/Freewill and signing up/Karma/Divine will/Freewill/Pranayama – Karma/Heart/Role of science and technology in the world, or return to nature.

Damascus House

10. Prayer and meditation/Sex and the single person/Karma taken on by intercourse with someone – no/Draining of spiritual energy with sex/Moral values/Sins of parents visited on the children/Power of practices/Chants/Pranayama and chant/Humility and pride/Colour of Gururaj’s clothes each day/Reincarnation and time – creation/Chant on Cape Town and Johannesburg/Closing of senses test.
11. Activity and expression/Dualism and monism/Sirvalkalpa samadhi and nirvalkalpa samadhi – path to Divinity/Hatha yoga – different yogas and different paths/Path of service/Amrit chat on Hatha yoga/Energy flow and Hatha yoga/Pantanjali and siddhis/Siddhi experience in meditation and how to regard them.
12. Healing (part only)/Positive thoughts – understandings/Can we take the teachings of Tantra teachers/Values of truth for the individual/How do we know the truth?/Human status in the universal order/What is the sin against the Holy Spirit/
13. Healing of /Yogananda – soul’s journey through the world and self-realization/Jivamukta – man is self-realized but “windows need cleaning”/Work on one weakness gradually and automatically eradicates others/Story of lion and sheep/God and the devil – sin beyond opposites- play an expression/Brahmachari – love merging in love – householders and conception of God/Her and now/Lessons

not all sweetness – facing and understanding ups and downs – tiredness in the mind.

U.K. Tour June/July 1977

Porchester Hall

1. Introduction by Amrit/Gururaj/Prayer – English/Does the evil exist?/Story of God staying on earth/International method of moving the mind/Emotions in the chakras/Talk on new age/Amrit's story of end of century/Devotional forces/Time and timelessness/Mind, body, essential self and cosmic consciousness/End.

The Hayes

2. Soul forfeiting/People/Progress/Evolution/State of silence/What happens to unfold self/Senses closing practice – reactions to be written down/Marriage blessings.
3. Discussion of group practices/Chanting/Gong meditation/Meditation/Religion/What extent is progress influenced by past experience of religion and philosophy/How can we know if psychic experience of Gururaj is real, etc./Path to joy/Here and now/What is the secret of it/Love/To what extent is it possible for one being to affect another.
4. Is there a turnover point in self development e.g. a breakthrough, when things suddenly become easier/Unity/Separation/Competition/Positive and negative/Is it essential or not/Activity is food for the soul/Is there a point where expression returns to soul.
5. Prayer/Test reports/Living without food etc./Talk on siddhis/Living off the sun's energy/Experiences in meditation. Amrit.
6. Anger/Suppression/Expression/Negative thoughts/Anger in temple – Jesus and the moneylenders/Past and future preoccupies me/How can I live in present.
7. Guruvar/Future unpredictable/What can we do about planning/Fate, etc./Astrology/Healing/Open egos/Brahmachari – celibacy.
8. Dharmic partners/Healing energy/Spiritual healing/Darshan – all can be healers/Doubts/What determines sex of child /Why are most Gurus male.

U.K. Tour November 1976

Porchester Hall

1. Namaste/Advice on the journey/How did you get where you are/Spiritual path and promises/Mood making/Guru-chela relationship/Gurushakti/Choice of meditation/Role of guru/Spiritualism and mediums/Cause of imperfection/Suffering/Creation of souls/Reincarnation/What is the hurry/Cycles/Path of householder/States of consciousness/Belief/Transcendental meditation/Personal techniques/Dharma/Realisation.

Silver Dolphin

- 2a. Raja yoga/Suffering and happiness/Conscience/Life/Dreams/Spiritual names/Monism and dualism/Living masters/Possession.

Brighton

- 2b. Amrit introduction to BMS/Dharma/Techniques/Personal touch/Individuals relationship to the absolute/Evolution/What veils are removed/New Age.

Guildford

3. Travelling for spiritual growth/Techniques/Life forms/Returning to source/Nature of self/Free will and astrology/Qualities for gurus/Usefulness of drugs/Fasting.

Caxton Hall, London

4. Reincarnation/Ages/Gunas.

Liverpool

5. Suffering/Cruelty in nature/Gunas/Perfection in a lifetime/Choosing techniques/Surrender/Avatars/Ages/Rebirth avatars/Karma.

Kendal

6. Tratak/Chakras/Kundalini/Teaching/Maya/Bliss experience/Vedanta/Nature of man/Cosmic evil/Angels/Gurushakti/Law of karma and grace/Miracles.

Carlisle

7. Dharma/Sleep and death/Regression and incarnation/Cognition/Intellects and the structure of the mind/Techniques/Seeing divinity/Suffering/Unstressing/Life of Gururaj/Money/Giving for the right reasons.

Liverpool Two

8. Recognition of self/Beyond the law of opposites/Sin and the sinner/Gurushakti/Reincarnation/Christ/Ego and sensitivity/Conditioning/Reincarnation/Choosing practices/Overcoming weaknesses.

Oxford

9. Yama and Niyama/Meditation and belief/Purpose of meditation/Karma/Gururaj bibliography/Children/Astral travel/Healing/Motivation/Meditation to help serve people.

Eastbourne

10. Buddha's poisoning and saint's cancer/Does universe end?/Karma yoga/Raja yoga/Karma and suffering/Divine channel/Philosophy/Angels/Mantras/Prayer and meditation/Path of the guru/Children/Karma.

Eastbourne

11. Questions after gong meditation – discussion of group meditation – short questions/The big and little “I” observed/Transcending/Fear of sinking/Little “I” and recognition of faults – self-help/Overcoming problems/Counsellors and counselling (Amrit)/Personal problems and counselling/Negative thoughts of other people/Acting on thoughts received during meditation/Positive thoughts/Control of thought/Objectification of thought/Gururaj leading chant – discussion of chant.

Eastbourne Three/Four

12. Chanting – benefits (physical and psychological)/Significance of words of chant/Effort involved in fitting meditation into daily routine/Is the end of the world imminent/Concentrating on the present/Tamas/Rajas/Sattva/Nature of the universe/Creative ability/Pyramid energy, flying saucers and Atlantis/Astral travel, existences on other planets/Higher mental levels/Meditation and invention/Mind, body, spirit and heart/Non-religious people/Part played by kundalini in growth – chakaas – kundalini Yoga/Evil product of man’s mind/Possession by evil.

Eastbourne Five/Six

13. Prana/Mediumship, its fallacies/Dharmic partners, sharing with duty/Bonds beyond one’s karma/Soulmates/Marital break-up and Vedic standards/Possession, its fallacies/Assessing Guru’s level of consciousness/Dharma and sincerity/Gurushakti – ref. to introductory talks/Choice of mantras for students/Control of emotions/Reason for the Divine manifesting itself in creation.

U.K.Tour March 1983

9. How can we avoid the illusion of separation.
10. Is there any healing power in crystals/Sticks and stones may break my bones but words may never hurt me.
11. Easter and Christ consciousness/Lent/ Castigation of the church, are you too hard on our church leaders/Touching the stones at Avebury/The purpose of the circle.
12. Judas and his betrayal of Jesus/Avebury stones/Ley lines and waterlines and the 5 elements/Work – Karma Yoga with respect to unemployment/Reasons for living in Cape Town.
13. Compassion of God/Mercifulness of Divine Law.
14. Sex and violence on TV and how to cope with children/Will life continue after a great disaster on Earth/Tarot cards and their use/God is in abstracts word – why praise in chants and songs?/Beyond thought and the understanding of getting there.

U.K.Tour October 1983

15. Side A – Controlling the ego and love.
Side B –Dogmas associated with other religions.
16. What do you want to say to us?/Why Jesus said “I am the way”/How to deal with mental illness in the family/If a soul chooses it’s parents, what happens in adoption.

17. The cause of schizophrenia/The relief of stress/Remembering past lives/How to love your neighbour/Psychic perception/What are visions/Do we lose the personalities of past incarnations/The symbolism of Adam and Eve in our fall from Grace/Pythagoras and mathematics.
18. Communion.
19. What are the mechanics of a child's mind.
20. How can we overcome past fears/inhibitions set deep within the mind.
21. World violence – will it increase and what can we do about it although meditating regularly arid periods occur when we feel nothing is happening – how can we best cope?
22. Rapid fire: Business and spiritual lives working in harmony/Healing – when one should do it/Types of healing – magnetic and spiritual/Can violence be conquered by demonstration or by love/Why more women than men meditate/Homosexuality and lesbianism – why/Astrology.

U.K. Tour April 1982

1. How to find happiness.
3. Gladstonbury and power points/Guardian Spirits – refined energy.
4. Strength to deal with problems from which we hide/Harmony through meditation and acupuncture.
5. Surviving the hatred of others – quelling and understanding anger.
6. Rapid fire: Gurujis' activities in Cape Town/Present Masters and the 7 energies/108 beads/What happens after death.
7. CHANT BY GURURAJ (preceded by discourse after communion).
8. The value of the incarnation of an avatar.
9. Rapid fire: Groups in lifetime/Spiritual magnetism radiating to chelas/Use of cannabis/Coping with mental illness in those close to you/"Druggies" and alcoholics/The life span of man/Mystery Schools.
10. Are the 3 Gunas but one.

U.K. Tour September 1982

11. The mind of love.
12. Spiritual unfoldment – do we take two steps forward and one step back. Reincarnation and the spirit world.
13. Purification ceremony – short talk on death.
14. Short tape after communion practice.
15. Awareness of what we are/Psychic powers used against a person/Mediums contact on higher levels/Possession by lower entities/How to give love/Horoscopes.
16. MANY QUESTIONS – ONE ANSWER (Christ taking on the sins of the world – Karma?)
17. (Poems – first) Loneliness – is it a real state of mind.

U.K. Tour March 1983

1. How can we help people that have suffered to have faith.
2. Can we reach higher spheres of consciousness and how can we recognise this.
3. What is intercession, wisdom and love.

4. The Trinity – the Father, the Son, the Holy Spirit – what is the Holy Spirit/Everything in this book may be wrong – should we apply this to other teachings/Causal body and the causal plane/The gift of tongues/Dreams and how they can help us/The origin of spiritual wisdom/Advice on harmony in a family where one person meditates/Animals and meditation/Teaching higher truths to lower civilizations/Sai Baba.
5. Learning from the past and balancing the forces of light and darkness.
6. Purification practice/Why are people leaving the moment.
7. Samadhi.
8. Significance of the blessing/The Lords Prayer – explanation/The difference between motherhood/Helping third world countries.

U.K. Tour 1985

4. Purification/Jealousy of the personal God/What are the mechanics of jealousy.
- 5&7. Sanskrit prayer, Golden thread ceremony/Please comment on the statement “That which I am seeking, I am”./ UK 85/7 Communion
6. Sanskrit prayer – Midnight experiences/Should we leave the room when we laugh or cry in a meditation/Should we give absent healing without asking/How do we know our guru/Can plants be dangerous/How should we send absent healing/Who is Gururaj/Are mantras ever changed/Will we know our mantra in the next life.
7. See UK 85/5
- 8&10. Teachers initiation/How can we achieve tranquillity/UK 85/10 Farewell – we are never apart.
9. Please explain the types of spiritual healing/How do we distinguish between desires and true goals.
10. See UK85/8.
11. Looking and seeing/How can we best listen to our inner voice/Why is it easier for some of us to give rather than receive.
12. The importance of colour in spiritual healing/When two people are in love, how can one be mean to the other/Is it true that Christ came with a sword/In comparison to the other religions has Christianity helped its followers/How can we best help those close to us/What can we do when we feel that the forces of evil are winning/What is innocence/Are our feelings hurt by our attachments.
13. Surrender to Divinity/The need of meditation, to leave the cares of the day behind, twice a day/Stress release exercise/A poem on cheerfulness and fatherhood.
14. If we learn a lesson in each lifetime, why is the world not perfect by now.
15. Love, please analyse it, so that we may benefit from it/Poem about work, illusion and understanding.
- 16&17 Spontaneity – an improvised song/Poem on justice/Purity and lust/How to reach divinity by starting at a concrete base: UK85/17 Responsibility and how to take it on/Golden thread ceremony/A hymn written for Gururaj’s son.
17. See UK85/16.
18. Sanskrit prayer to Gururaj’s Guru/Teachers and healers initiation/Purification/What is a mistic/Is it necessary to sit up straight in meditation/Explain the non touch technique/Explain non conformity.
19. Communion.
20. Gururaj wore his pyjamas – develop your naturality/Experiences from the midnight practice/Poem from Gururaj/Song of smiling.
21. Poem on marriage and love/Expectation/Three couples are blessed/Marriage.
22. Timelessness/Sanity.

U.K. Tour 1984

1. Weakness, humility and aggression.
2. The stages of enlightenment.
3. Childhood therapy, can it help.
4. Dreams of Atlantis/The power of the spoken word/Thought/Lost opportunities/Materials and their feelings/life is it suffering/How do we know if a situation is right/Can we incarnate on a different planet/Surrender.
5. Subtle and obvious choices, how can we choose and know the right one.
6. Can spiritual practices increase the ego negatively.
7. Communion.
8. The mirror effect that Guruji has upon us explained.
9. Please explain belief.
10. Guruji's message.
11. Is it possible to unfold the enlightenment without spiritual practices, simple through the Grace of Divinity.
12. What is a man, pure consciousness or the manifestor.
13. Old age and second childhood/Samskaras/Cot deaths.
14. How does one cope the death.
15. Tapping into True originality and creativity, do we real think.
16. Purification practice explained.../Midnight experiences and Divinity/Love in action/Cloning and mans intrusion on genetics/Silence and the word.
17. Communion.
18. Guru-chela relationship, is the personality significant in the relationship/The life of Christ.
19. The prana kiss and beyond/Follow up practice and forehead touch blessing explained.
20. Celibacy-redirecting sexual energies/Masturbation, lust, fantasy, flow of love making, daydreams.

U.K.Tour 1985

1. Unhappiness and happiness....the real self.
2. What is trust/Who will take over the movement when you go/Is regression a useful technique in solving psychological problems.
3. How the mind works.

U.K. Tour 1987

1. Being in the foreground of life/Giving yourself a break/Everything is one/Rowing
2. Everybody is perfect/Please tell us a little about your childhood, also how may we help someone dying, in their last hours/Indecision.
3. The difference between the soul and the spirit/What is the meaning of the "Sermon on the Mount"
4. Be conscious of the Divinity within you/How did the idea that we are imperfect occur to the perfect mind.
5. Song from Guruji with Ricky accompanying/Could you talk about the state of moving from separation, duality to mergeance, becoming one.

6. When more than one spiritual master is incarnated in one time period, how can we be sure one has found the right master/Why do I see colours in the room when I open my eyes in the morning/Who was the first man in the world/Please explain what you mean when you said "Two people looking in the same direction is love".
7. A story for the children (Facing your tears)/Communion/What is the supreme being/Balance the material with spiritual/Common-sense and nonsense.
8. Midnight experience/How can we be sure that when we fall in love, it is the right for life/Could you explain the importance of spiritual names/Gururaj does not paint.
9. There is no death.
10. Who is the handsomest Guru in the world/After Closing my eyes, when I open them again I can see colours in the air.
11. Welcome/Motivation and Ambition/The pure of life.
12. Poem/Source of Creativity/Nature of Progress/Universality of self/Acceptance.
13. The struggle for union/Hindrance of Analysis/Happiness is simplicity.
14. Infatuation and Love/Clarity/Independence.
15. Purpose of life/Totality within/Spiritual Love.
16. Motivation and danger/Negative attitudes.
17. Healing/Past influencing present/Meaning of Communion/Love one another.
18. Loving and finding yourself/Experiences/Wedding Blessing.
19. Smoking/Acceptance and Moderation/Nature of Reality.
20. Poem/Beautitude Divinity/Send me your problems/Goodbye.

U.K. 1987/Chetan Tapes 1&2

1. Opening to Divine Love/Negativity/Perfection and imperfection/Chetans meeting with Gururaj.
2. Duty and service/Bad language/Jesus/Boredom/Reaction.

Other Selected Tapes

Yoga Nidra
 Gururaj Poetry and Sanskrit Prayers.
 Chant (a) 3 rounds (b) 7 rounds.
 Gong (a) 24 mins (b) 32 mins.
 Indian Dance Music

U.K. Tour 1986

1. Reality and Imagination.
2. Loving as a solution or the capacity to see the true nature of a person or of God/..... About parents.
3. Birthdays teachers initiation/What are we to expect as we start to unfold.
4. Honesty/Dishonesty/A poem on imagination, harmony and time.
5. What are the mechanics of spiritual force.
6. Jealousy and Imagination/The significance of Haley's Comet/Losing the outer Guru/Healing/Would Gurjieff have used meditation techniques/Encouragement to those who have suffered shattering experiences/Regaining the balance in our lives/Can the ability to see auras help in healing/What is the hour of Brahman.
7. Teachers initiation/Communion.
8. Midnight Meditation/How self forgiveness effects our karmic debts/Are there such things as Angels/Can one mix other practices with practices given by Gururaj.

9. "Did you use to be Jesus?"
10. Puja played on the piano/The consciousness of Dolphins, Whales and Man.
11. Muscle loosening song/Mind and body is one/Divine life.
12. How does one "let go" of impressions created over lifetimes.
13. Surround yourself with beauty/Being true to ourselves/Truth
14. Bastric Pranayama/Every day is new/What further unfoldment is possible for one who has attained enlightenment.
15. Moaning your troubles away/Silence/What did Jesus mean when he said "What I have done, you can also do and more?"
16. Initiations/Nightmares in fever.
17. Communion/Give your troubles to me.
18. Guruji, can you be defeated/No experiences in meditation/Can teaching lead to truth/One soul in two bodies/Haley's Comet/Midnight Experiences/Letting go/Is AIDS a corrective punishment.
19. What is the difference between white and black magic.
20. Blessing of objects/Divorce yourself from your mind.

U.K. Tour March 1988

(There are many song sessions and "song games" amongst these – encouraging us to express ourselves – Gururaj's last UK Course)

1. Welcome/Insecurity related to New Topics/Inadequacy/Dispose negativity/Songs and Laughter.
2. Jai Ram Chant/Poem/Respect of Women/God needing us and us needing God/The moment now.
3. The basis of oneself/Mudras/Demonstration of Centring.
4. "Miss anything I say but don't miss my love"/Love – hate relationships/Innocence/Being Loved.
5. Creativity/Importance of "Playing"/Songs/Guru Raj Yoga.
6. We are in the process of personal evolution/"Forward Christian Soldiers"/"Spongers" not welcome/Responsibility/Violence affecting our minds/Non Violence.
7. Rapid Fire/Is there a role to play/Difference between Buddisatva and Buddivista/People who do channelling.
8. Experiences of midnight practices/Singing and "Windmills of your mind"etc.
9. Our mind forever present throughout eternity.
10. Preatam did not attend this Satsang. The only time this happened and it was, with hindsight, to be his last in UK, Rajesh and others summed up with their impressions and comments.