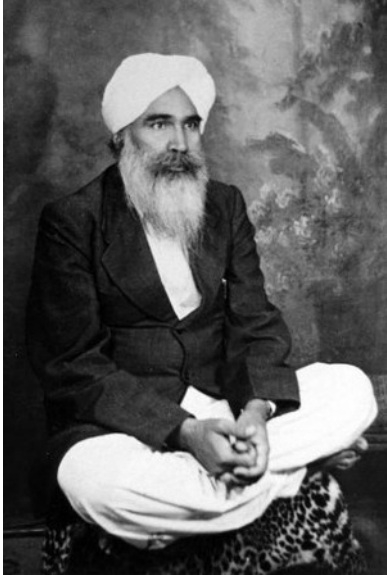


The Power of Ojas



Ojas – that spiritual power which is the fruit of chastity. This exchange of questions and answers between Master and his disciples took place at the Master's house at Rajpur on the evening of January 27, 1971. This was originally published in the November, 1974 issue of *Sat Sandesh*.

QUESTION: *While reading yesterday, I came across a brief mention of the power of Ojas; but it didn't give much detail about what it is.*

THE MASTER: Ojas is the power which helps you to rise into the Beyond; that is called Ojas. So you will find how necessary chastity of life is. The more you have got that power

within you, the more you are healthy; even if it exceeds the limit which the body requires, it will help you go into the Beyond.

You see, from food and drink the body makes some milk-like element, *chyle*, that rises and becomes blood. From blood forms the flesh, from flesh the bones, and then the pith of the bones. From the pith of the bones that power arises. Those people who are not chaste, given up to unchastity, they have no hope for spirituality. So Ojas is the power which helps you to transcend into the Beyond. That is why chastity is life; sexuality is death. We sometimes use words, but we don't know the very basic purpose for which they are there. Everything which exceeds the limit, that goes to spoil, you see. So, *Blessed are the pure in heart, for they shall see God*; that power helps. Those who are always drained out, I would say, have bad health, no thinking power. They can't do hard work; they can do nothing.

Those who are not married, they should observe strict celibacy. Those who are married, they should observe it according to the scriptures. Scriptures say to marry means taking a companion in life, who should be with you in weal or woe through your earthly sojourn, and both should meet God. They should help each other. One duty may be of begetting children—one! Not all! We have considered, perhaps, that it is a machinery of enjoyment. That is wrong.

Ojas has not been defined anywhere, I tell you. From Ojas you get that power which helps you to go into the Beyond. If you have no surplus of this valuable fluid within you, how can you sit for meditation? Now you will see how important chastity is. The word "Chastity" is used as Life, and its opposite is death, you see. These things are not explained to us; that's a pity. We ourselves do not know. Outward acting and posing won't do, I tell you. So that is why I put it in the diary forms, even in thought and word. Even if you are unchaste in thought and word, that affects you.

If you observe a very simple diet and chastity, you'll be blooming. With all your tonics, with all your outward dietary proteins, these won't help you. Acting and a rich diet won't help—the effect is only temporary. I think with acting and posing you appear to look all right, that is all.

In the West it is usual for girls to seek their own husbands, and husbands to seek their own companions. There was a girl; she was ugly and nobody liked to marry her. She was disappointed; she left the town and lived in an out-of-the-way place. Naturally, when one is disappointed, one reverts to God. She passed her days in sweet remembrance of God. After a year or so, somebody came up to her, "I would like to marry you." "What! What are you talking about? I am the ugliest woman in the world!" "No, no, no, you're not ugly." "No, no, don't joke with me!" She saw herself in the looking glass—her features were changed. So thoughts are very potent, you see. Chaste thought is a blessing. Ojas power is that, as I tell you, which helps you to transcend into the Beyond.

QUESTION: *Even the power to think depends on Ojas also? Contenance of mind, that also depends on Ojas?*

THE MASTER: You waste your power by thinking. Thoughts result in words and in action. That does not affect those who have no inkling whatsoever of God. If you see some of the initiates' diaries, excuse me, they are full of chastity failures in deed. They take it like a food. This is wrong. I have to give them right direction very politely: "Take more care of that."

QUESTION: *But does Ojas help to increase the intellect also?*

THE MASTER: Chastity helps everything. If oil is oozing out of a burning lamp, then how long will that go on giving you light? That's the foundation on which the building is raised; your physical body, your intellect, your everything. Swami Ram Tirath was principal of the Government College in Lahore. He said sometimes it so happens the most brilliant students fail their examinations. When they went into it, they found the students had lost the vital life fluid the night before. Kabir says when a dog indulges in coition, it remains sad for a month—that it affects it

one month. What to speak of men who indulge daily! I need not say these things so openly, but that cuts the very roots of life.

I think you will rarely find those who observe chastity, say even for one month. They think perhaps it is part of their diet; but that is wrong. So chaste, normal life is all right, as prescribed by the scriptures. That is why I say married life is no bar to spirituality if conducted according to the scriptures. When I write something, I *mean* something, you see. We simply read it, that's all.

Your chart is with you—self-introspection report—look to that. If thoughts are right, you lose less. Suppose you lose one grain in thought, five grains in word, and half a pound in action. Thoughts are very potent, you see. You want to go Home this very birth; all right, have it. You're sure to go. This side you try, the other side you drain out; what is that? You cannot sit for meditation. Those who say: "We cannot sit; our minds do not allow us;" this is all due to failure. In the great legend of Ramayana, the opposing side was to fight Rama. From that side someone came up to fight. He had observed twelve years strict celibacy, chastity of life. But from Rama's side, Laxman—who had been chaste *all* his life—was selected to fight. I've read Napoleon's life. By hearing his name, the whole of Europe trembled. What happened when he was caught at the Battle of Waterloo? The story goes that he fell because of this failure the night before.

In everyone's life you will find this is the drawback, the biggest drawback in the majority. Saying is something, but living is something else. In India, there were three or four invasions from the West, from Persia. Prithvi Raj stood against the invaders and drove them out. But finally he was captured; it was for the same reason. The day following, you are not in your sound thought, you see.

I don't think you've been given such a very vivid view of this thing before. If you observe these facts, you'll bloom; your every power will be enhanced.

When you have got no Light of your own, how can you understand the Light? Visualizing won't do. And there are people initiated by so many, so many masters in the world. There is failure in chastity in them too, even the heads. They've got no control over their discharge. And I never dreamt of this in my life. That has some goodness, you see, when you have a store in you.

Nature does not spare anybody. *Blessed are the pure in heart, for they shall see God.* These are very clear words. When you have got no

power of Ojas, how can you see God? How can you rise above? It is there to give you a boost, to have something; then you have to maintain it.

Live in a normal way, not given up to everything. The Food God complained to Lord Vishnu: "People eat me too much." Then He replied: "Those who eat more than they really require, you eat *them* up." So whatever is not digested, that brings in diseases. By eating too much, you are not able to digest anything. Those who indulge too much in anything, ultimately they are not able to enjoy anything. These things eat them up. That is why you know self-introspection is most necessary, about which we care little, very little. So don't spare yourself.

QUESTION: *When someone overeats, that affects chaste thoughts?*

THE MASTER: When food is not digested, you are not able to sit for mediation. You're drowsy. So long as your stomach can work, it is all right—for one or two months, a year or so. After that, if you continue to overeat, you are not able to digest. It means the same thing, that food and drink eat you. When you are not able to digest, you lose power and strength. How do diseases come up? Whatever food remains undigested, that brings diseases.

Three things kill a man—hurry, worry, and food that is not digested. You see the very importance of it? It is very good you put that question on Ojas.

QUESTION: *Is loss of semen during the night strictly a matter of thoughts during the day?*

THE MASTER: *Surely.* When you look into the eyes of others, others affect you. Eyes are the windows of the soul. Don't look into the eyes of others, whatever sex. If you have control over yourself and you can affect others, that's another thing.

During the time of discipleship we must be very careful. When you have grown up and you have a sheet anchor, you cannot be affected by others; you'll give life to others. Sometimes we say: "Well, Master talks lovingly to everybody." He talks lovingly from his Soul, you see, not from the body. Others who talk very lovingly, talk from the level of the body. Love is no love which arises out of the body and ends in the body. Love that arises from the body and ends in the soul; that is Love. All this love which ends in the body is called lust. These things are not differentiated in books, I tell you. What is lust? Lust is love, your love which arises out of the body and ends in the body. By sitting here, by radiation, you have a boost to go into the Beyond; that's Love. That is why that Love is called Charity.

QUESTION: *How strict should we be about associating with other people? Even initiates? We shouldn't make any distinction?*

THE MASTER: Meet socially as much as is necessary. If you meet in a Satsang, you should all think of nobody else except God. Satsang is Satsang only when no other thought creeps into your mind except God. When you are there, and you are meeting socially—kissing—that is no Satsang.

It was reported to me at one place, they began to make a fuss over children embracing them, like that. I stopped them. Well, this kind of love will spoil your lives, you see. If two glasses are packed together in one place, they will strike against each other and be broken, is it not so? We are not yet the master of our body, you see. We're dragged like anything. So, during the period of discipleship, you must be very careful. Even after that, those who are not in full control of themselves, they can also go down. We have to be very careful. When I prescribed the diary, it really meant something.

Now the times have changed. Nobody can stay with a Master for long periods. They must be given something. What they are given should be maintained by self-introspection. At Initiation some Light and Sound are given. That goes all right for some days; but if your life deteriorates, that goes.

God is Life, Love, and Light. You get Life; Chastity is Life. We simply read these things; we don't go to the bottom of them. God is Life, Love, and Light. Life comes from where? Chastity! These things are not preached; that's the pity. They simply tell you, go and do this performance, then do that. If your Life is really pure, then even one thought will help you. Thank God, with all these things you get something; it's the Grace of our Master. But we have to maintain it. Normal life is all right.

QUESTION: *In regards to thinking, somebody once made a statement: "I think, therefore I am;" but that's not true really because I AM even if I don't think. Is that correct?*

THE MASTER: You are a conscious entity, and thinking arises from consciousness. One who is not conscious, how can he think? So that is why, when you say: "I think," it means you're conscious. We generally use words and don't go into the bottom of what they represent. We are conscious entities. Then that consciousness works through the level of brain, through intellect. Consciousness helps you to think. So that is why it is said: "God is all Intellect, all Wisdom, all Love, all Life."

So God is working. He is All-Consciousness, and you are a drop of the Ocean of All-Consciousness. You have got the same Power, the same thing in you—Life, Light, and Love. Once, as the President of the World Fellowship of Religions, I gave out my address on this very point: Life, Light, and Love. People use these words; they don't follow what they actually mean.

One who is given up to outward losing of all this power, he is never patient, I tell you. That's the outward symbol. Like boiling milk, he will bubble over, can't control himself. That's the one thing you'll note. But one who is very strong considers everything calmly. This is one thing that will come out. You can judge from that, you see. One who becomes wild for the time being, cannot control himself, that is a sure sign that he is not chaste. He is losing all that power. For the building that has weak ground underneath, a strong foundation is required. Then you may have so many stories raised up high on that; but if the ground is left weak, then? It will fall down. Masters have been giving this example in another way. They say: *Walls which are made of sand, how long will they last?*

Brahmcharya is the word used for chastity. Brahmcharya is the way of living to find God. Brahmcharya means self-introspection, means the way which enables you to find God. The other word is *Sadachar*, ethical life. *Brahmcharya*: *Brahm* means God, and *acharya* means way of living. That is not only controlling the semen within you, but controlling all your outgoing faculties. Control your tongue; control your thought; think no evil of anybody else. Don't be affected by what you hear from others. If others say: "I have seen so-and-so do this and that thing," don't believe it.

QUESTION: *So chastity is the foremost of all the virtues?*

THE MASTER: It is the foundation of the physical body. The body should be founded like a building whose foundation is strong. Even thoughts affect the very child in the womb. Some children are very lusty. That is due to the parents. While the child is in the womb, we must be quite chaste, calm, loving; that will affect the child within the womb. He'll be born like that. Some children's problems are reactions of the past; some are the reactions of the mother's thoughts. The subject is very long, you see.

I will just tell you something more that will be a help to you. Animals and men, there is a vast difference between the two. When an animal becomes pregnant, no male animal will touch her. But in men—we are the highest in all creation—what do we do? Shameful! Is it not? My hint is sufficient; I need not go too far into it. We don't observe that.

With any subject, that can be thrashed out, threadbare, to bring home the very truth at the bottom, you see.

QUESTION: *Many of the initiates, I'm sure, will be interested in this, besides myself. If we had unchaste lives before we were initiated, how long does it take? Is there a time before we are adjusted?*

THE MASTER: If you take poison, that affects you. But take no more poison. To fall in sin is manly, but to remain there is devilish. A woman who had committed adultery was brought to Christ. He said: *All right, what do your scriptures say—that such a one should be stoned to death. Let her stand there, and you stone her. And who shall stone her? He who has not felt guilty of that at heart of hearts.* Nobody dared. And He said: *All right, go, but do no more.* In our Master's time when people committed adultery, out of the whole gathering one would say: "Master, I have done this thing." Baba Sawan Singh would say: "Well, can any one of you bear the burden of his sin?" Who would dare to say? Then He said: "All right, do no more," just like that.

We should stop somewhere. The poison eaten cannot be cleaned. But if you stop eating poison, then it's all right. So, there is hope for everybody.

QUESTION: *Sometimes I have a feeling that I lose touch with my desires because I do everything out of habit; and I've found that the best way is if I try to think every moment, "What do I want?"—I mean—"What does my soul want?" That way I'm asking myself what I want and then I don't do anything that would harm me, but if I do it out of habit . . . ?*

THE MASTER: I think I have given the reply very straight, and you have not followed it. The very view stated in your purpose is due to that. If you cannot live up to what He says, you have no power over yourself. You're losing, you're very loose with that. These things should not be thrown in the face. That is due to lack of filling in the diary. Like a hard taskmaster, don't spare yourself. He within you does not spare even me, I tell you. God bless you. This means that there's a very strong vigilant watch to be kept. As I have said already, a man must fall down unless he's got some boost above, some sheet anchor within himself. I am giving you something very true, I think, very basic, to which you pay little or no attention. We are already given up to sensual desires, enjoyment, in one way or the other. So long as we are just stuck fast there, how can we rise above it? There should be some discipline. If a doctor comes to you, you have got fever, and he tells you not to take any solid food, you have to live up to it. This is the path of discipleship I am explaining to you.

You have to be very careful; but if you live up to it for a certain time in a particular way, that will become your habit. And you will live longer for it; that way it will turn into nature. You won't be able to do otherwise. So why not make the best use of the habit of the mind? Do one thing today, tomorrow, for a month or so, then? Then naturally you will have the trend of mind to go there. Make your mind a friend, you see. "All right, let us do this." When habit is formed, then you're saved. The mind has the tendency to bring you back to earth. That's all. So long as our thoughts, our thinking, our consciousness are bound down to the outgoing faculties, we cannot rise. Once we learn how to rise above them and have the higher inkling, every day have that bliss, naturally we won't like to come down. That will come by habit. We have to work for it. Some boost or some capital is given; that is a great concession. But *maintain* it.



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