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## Exorcise Yourself

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**Eruch B. Jessawala**

Mandali Hall, Meherazad,

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9:54

**PILGRIM 1:** Eruch, What do you make of all this business about exorcism?. They are doing it again, these Christian groups, a lot of them, they go all out. They are very far into this business with.

**ERUCH:** We all are possessed, brother. The thing is that we... Why are you all here? You are trying to, well, exorcise the spirit with which you are possessed here, of your being Rick and I being Eruch. We are trying to exorcise but in a different modern way, you see. Or the traditional way, or the most sublime way that they have shown us, you see. And there are the other spirits, you see. There are what you call, there are other methods. There are people you see who just would lie on their, lie naked on thorns or or on nails or they would want to stand on one foot and would want to just hang by one hand on the branch of a tree for 12 years, like that. And so many things, exorcising their self out of their system.

**PILGRIM 2:** Not exercise.

**ERUCH:** Exorcise. [laughing]

It is exorcise, no? Yeah. That's how it is. You were asking me about exercises or exorcise?

**PILGRIM 1:** Exorcise.

**ERUCH:** Yeah, yeah.

**PILGRIM 2:** Oh, I thought you meant

hanging from one hand.

**ERUCH:** But that is exorcising the spirit that is in you. Aren't you possessed now? Call yourself Madeline? You are not Madeline I tell you. Are you Madeline? [laughing] [crosstalk].

**MADELINE:** They are all possessed. They are deluded. They think I am Madeline isn't it? [crosstalk].

**ERUCH:** So we are all possessed brother, and we all go in for these things. But there are others who are possessed by, well, by legions, as Jesus once described, you see.

**PILGRIM 1:** What does that mean?

**ERUCH:** Well, many spirits. I am possessed by the spirits of Eruch. You are possessed by the spirit of Rick. So, and there are some who are possessed by the spirit of Tom, Dick, Harry, Jane, Jean and all at one and the same time in the same body.

**PILGRIM 1:** Did you hear about the exorcism that Adi did when he was in the United States?

**ERUCH:** No.

**PILGRIM 1:** I was around this. This was very interesting.

**ERUCH:** What was that?

**PILGRIM 1:** In Berkeley there was this young woman who came to this Monday Night Baba Group that I used to go to. And she became convinced that she had a devil in her, an evil spirit. And the way that she found this out was that she was, she had friends who were Sufis, members of Sufism Reoriented. And she was having various aches and pains and problems and poor morale and depression and so on. And so they told her that she was possessed. And they took her to various people who were supposed to be capable, that can stop the devils. And they prayed over her, a mass prayer for her, the Sufis did. And various things but nothing worked.

She still had all of the symptoms and she was totally convinced that she was possessed. So she kept becoming, trying to become more and more spiritual and more and more holy and not letting any thoughts of secular activities enter her mind and not letting any sexual thoughts enter her mind, or thoughts of food or anything. And she became more and more thin and more and more ascetic and by the. Nothing helped. It didn't. She still remained possessed. So then Adi.

**ERUCH:** Must have been possessed by a good spirit.

**PILGRIM 1:** Then Adi came to the United States. And she thought, well she would see if he could exorcise her, her bad spirits. And she went to Adi and she talked to him. And then the next day Adi. I happened to be with Adi and he talked to me about it and he said, "This woman, she thinks she is possessed. Do you think she is possessed?"

And I said, "No, I don't think she is possessed. I think she's just afraid of her

own bad thoughts. And she's trying to push them away and they are scaring her."

And he said, " That's exactly what I think. And I am going to be with her and slowly accustom her to allowing these thoughts to emerge and seeing that they are nothing really to be afraid of. They are just parts of herself."

And so he met with her and he told her that she was like a baby, scared of her own farts. And that image really stuck with her. I mean, it communicated something and she got it. And so he was with her every day. He would be with her for an hour or so for a period of two or three weeks to slowly talk her out of this craziness and see that she was just trying to push her own negative thoughts away and that she should accept them as natural and not try to be so holier than thou and everything. And she did and the whole thing just disappeared. I mean, the problem disappeared. And now she's probably normal again.

**PILGRIM 3:** I wrote to you about six years ago, Eruch, about that. That topic and if you remember, you sent me a letter back. I had seen the movie, "The Exorcist", and there was something that awakened within me in seeing that movie that frightened me beyond all comprehension. And I was very terrified and your letter helped very much, but it didn't provide an immediate cure for the problem. It wasn't until several years later, when I [inaudible] for five nights total and would spend the nights up looking at Baba's photograph and seeing the photograph change into all sorts of grotesque forms and shapes and things like that and it was just, you know, terrifying to be awake and yet I was very happy that this was happening on the Center itself

because I thought Baba was burning something up inside me. And after five nights I was walking back to my cabin and a poisonous snake walked across the path and it was the first time I've ever seen a snake on the Center. And the rule there is you are supposed to kill poisonous snakes if you see them. And I killed it and all that fear and anxiety lifted from me and I realized almost instantly that it was nothing but my own mind working at super speed. All of this nonsense, working at super speed. So that was very similar to what happened at this.

**ERUCH:** Yeah.

**PILGRIM 3:** But it's very frightening to go through it. It was pure hell. Pure hell to go through it. I can laugh at it now and look back on it but at that time it was.

**ERUCH:** How many times did you visit the theater?

**PILGRIM 3 :** Just once. I've only seen it once.

**ERUCH:** [laughing] Here there are. You know my cousin Mehera, who has come here? She went and saw half a dozen times and she was so happy to see all that. And here he just saw it once and he got crazy.

**PILGRIM 3:** You told me that people were seeing it here and just going because they thought it was a humorous.

**PILGRIM 2:** A joke.

**PILGRIM:** It was funny. But people were very friendly with the United States.

**ERUCH:** No. Some people were frightened.

**PILGRIM:** I remember when I went to it, the tension in the theater was so thick you could cut it with a knife. Before the movie started I was actually affected by it. I usually I am not very susceptible to that. But I was quite nervous. I thought, well maybe there really will be something in the movie that will really frighten the [inaudible] [crosstalk] you know, frighten what out of you? [laughing] [crosstalk] But when the movie started it was so funny that I didn't find it frightening at all. Seemed like a comedy. I

**ERUCH:** No. But if we were to give a serious thought to our own self, we are really like that. We are possessed by our own lower self. And it needs to be exorcised. And the methods to be used is not the broomstick or the, any other, the lashes or anything of the sort or any mantra or this or that but just.

**PILGRIM:** Hanging from trees?

**ERUCH:** Not from hanging from the tree. Nothing of that sort. It's a different thing.

**PILGRIM 2:** Coming to India?

**ERUCH:** Yeah. That's one of the.

**PILGRIM 2:** That's the preliminary [crosstalk].

**PILGRIM:** It would work, really. Possessed by an entity or something where we had beings hovering around so that it would be your own minds that let them in the first place. Didn't Baba say that if there was a devil, He'd be the devil?

**ERUCH:** Yeah.

**PILGRIM 2:** Fred Winterfeldt was

possessed once. He told us. [inaudible] He thought he was, anyway.