

*vacanādāna-viharaṇa visargānandātmakriyā sādhanāni paripātyā
vāk-pāni-pāda pāyūpasthāni pañca karmendriyāṇi*

After that the five organs of actions are created. And those are *vāk*, *vāk* means . . . This tongue produces two organs: one organ of cognition, and another organ of action. When organ of cognition is produced by tongue it is taste [*rasa*]. When organ of action is produced by tongue it is . . .

JOHN: Speech.

SWAMIJI: . . . it is speech *vāk*. Speech and taste is produced by tongue both; that is *vacana*.

Ādāna is holding . . . which holds?

Holding action is done by *pāni*, i.e., by hands.

Viharaṇa, moving here and there is done by *pāda*, i.e., feet.

Visarga . . .

JOACHIM: Excretion.

SWAMIJI: . . . excretion, the action of excretion is done by *pāyu* . . . *pāyu* is going to bathroom, you know excretion, the action of excretion. Excretion is done by both organs [*pāyu* and *upastha*]. And, when you urate [urinate] that is . . .

JOHN: Also excretion.

SWAMIJI: . . . that is also excretion. And when you go pass stool, that is also excretion. Both ways it is excretion, it is only one organ.

And there is *ānanda ātma*, *ānanda* organ, i.e., organ of ecstasy – that is sex.

Sex is separate from this. That too is excretion, but that excretion of semen, and it is not actually excretion.

JOACHIM: It is creating something.

SWAMIJI: No, it is internal flow. It is internal flow, it is not external flow.

Do you understand?

ERNIE: No.

SWAMIJI: When you will marry you will understand.

DEVOTEES: (laughter)

SWAMIJI: (laughs)

ERNIE: When you say internal flow?

SWAMIJI: Yes, it is internal flow.

ERNIE: I understand external flow, but I do not understand internal flow?

SWAMIJI: When you stop urating [urinating], what you do?

You squeeze your organ, so it does not come out. But the flow of semen is formattted by squeezing – it is not excretion.

That you will understand only when you marry.

JOHN: But he was married before.

SWAMIJI: Oh! Then you know.

ERNIE: But I . . .

DEVOTEE: Forgot.

SWAMIJI: (laughs)

ERNIE: A Duffer.

SWAMIJI: However, it is not so much important.

And these *sādhanās* [acts] are done respectively by these five organs of action.