

pump really hard. Move the naval. Move the garbage. Move all that what is stuck in. Move, move, move, move, move, move let it go. Again breath in. Wow, let it go.

Pump, pump, pump the navel. Move it, move it, move it, move it. Relax. It was not that bad, was it? You guys are pretty good. 030 people freak out. Its good. Now, do me a favor. Move every limn of the body. No, don't favor me. This is essential. Every limn of the body move.



No birthday today?

Student: (-----)

YB: "Sitting, standing what I want is move the body. This is your body which has to be moved."



Or I will put the tape and let them dance to it. Wow! Oh! well. Those who don't want to do, don't damage. As I know what I have to do, you have to do what you want to do. Come on, come on put a heavy duty tape with the beat of the heart. Let everybody dance, dance. It was exactly eleven minutes solid. Five minutes extra to put in breath and three minutes to watch. So actually we wanted to do eleven minutes but they were not catching up so it became little longer.

(Music)

YB: (Talks over music) Move the knees and the shoulders.

(Music)

YB: (Talks over music)

That's a better tape than this. They need some excitement. Put that heavy duty tape. (Music)

YB: (Talks over music)

YB: (Talks over music) We need this blood to be circulated many times, that's why we are asking you to dance hardly. All right, sit down.

Wow! Something is better than nothing. Isn't that what you say? You know, when you do these kind of exercises, it effects the very molecule of the cell itself. Its very important after that to do a very hard exercise so that every part of the body gets it. It's a new message you send to the body being healthy. It is not that we do it, just you should show it but we do it.

It has a been a new study that if you wake, move, slow you burn your fat. If you move fast, you burn your calories. You have to have a choice. But this dance is from the country which is as young as five thousand year ago and still it is. And in the villages people dance everyday, one hour and nobody goes sick. None. Isn't amazing. They don't have even pimples. True, true, true. The just ladies go as about noon take the food for the peasant, their husbands and brothers are whatever in the fields. When they come back they get into the wood groves and quite a bit a dance for an hour or so and then come home. Men do it too. Every muscle of the body moves. If you do an exercise in which only upper area moves lower not, that's imbalance. So, you have to understand what you are doing. So, we are by circumstance, we are here for this week. It was not planned but it so happened. So I will teaching you again on.....

Student: (-----)

YB: "Tomorrow?"

Yeah! I will teach you tomorrow because I have to go to Monetary to teach the conference of the para psychologists. I'll be leaving and then I'll be back, something like that. So may the long times.....

(Song)

Bless it is my soul with all the handicaps keeps me alive, aware and conscious. Makes me to see the beauty of Almighty God, the creator. Give me the essence of consciousness. Give me the depth of infinity and give me the chains of life to understand love and to be tranquil and peaceful. I am and my assets. For all these grateful gratitude, blessed soul be blessed. And as the breath of life continues to serve this being, may the life be enlightened and growing and growing for the love and service of each other. Sat nam.

So we will meet again tomorrow and have fun. Okay. Thanks a lot. If it is too hot here, you can leave because your home must be air conditioned. I don't know. I have doubt it. No earth quakes? Good.

Wow! Hmm. It has been promised with security and surety that tomorrow it will be better. Air conditioned.

Student: (-----)

YB: "Oh! who care it is better or not. Come on, anyway, who will do it?"

Student: "Thank you Sir."

YB: "But she is assuring you as a Director, wow!" Student:

(-----)

YB: That's very good. He remembers me? He is in town?

LECTURE

What happened now in.....

Student: (-----) Promises

are.....

Well, you are very educated. You are not on knowledge and you have worked your life

through, that's why you are alive. Normally you should be dead. So basically we know by experience. We grow by experience and we have left to our side and right to our side. That's how we grow. But unfortunately now that knowledge will not work. This is age of Aquarius. It is a age where you shall nurture yourself, not know yourself. There is a difference. Your acknowledgment that you know enough is not enough. You fully will nurture yourself. You bring yourself to a balance and you will understand the difference. You need love. You believe in love life. Correct? Am I correct? Everybody wants to be loved, right? Everybody wants to be happy, correct? Everybody wants a relationship, right? You don't want any trouble in life, that's true? Wrong. Because everything of you is inorganic. You choreography it. Your love is choreography. Your emotions are choreography. Your feelings are choreographic. You make it, you make it look like love. When you are in love, you are umch, ch, ch. And when you don't you say Eyyyyy and that's how you are. Because nothing with you is normal. You apply your mind in what you want. As your emotion guide you and as your feeling divert to

12.37 you, you create a system. So, in that system you create love. You create affection. You create relationship for security, for sensuality, for sexuality, for your likes, call it anything.

I think there are about sixteen thousand things which are part of your life, and which you want to be social. You are a social mammal. And there is nothing wrong in it but everything you do, the base is not your organic original self. Your flow between yourself is not realistic. It is not natural. It is all made in you. It is not the way it should be. So there is a difference when you make a structure of love and you make a structure of relationship. And you make a structure of dealings and all that but whenever there comes a pressure on it, it cracks and falls apart. You do not want to be with it. So you are willing to put the boat into the ocean and you are willing to row it but if the storm comes in, you don't have any way to go through it. And you think the life is not a challenge. That is how challenge is. Every second of life is nothing but a living challenge. If you look at any painful story of your life, it all started at first second somewhere. It just hit you hard. That one second. That spill of one word. That little mistake, that little thought, little off. That's where you went. Life is just one thought. It cannot be more than that. God is a thought. You are a thought. Relationship is a thought. One thought. Nothing good, nothing bad thinking yourself. Continued projection of the intellect thoughts is that what all we are. So what's your knowledge can do? If you are professional, it will earn you money. If earn more, you pay more taxes. If you earn less, you pay less taxes. You have to smart yourself in the relationship of also how much strength you have.

If you do not have your intuition with you, you can't deal with everything at all. You can deal with something at sometime. That's why your priority is changed. That's why you are in trouble as human beings. If you do have pure relations and intuition at the same time then you can deal everything in a perfect priority, harmony and secrets. Then you don't have to worry. Then you⁸⁴⁴ will be very deep, solid, well-settled personality, nothing can shake you, but when you are not, in inside there is emptiness. There is no intuition. There are two powerful things in this planet and that the lever and the lens. With lens you can see the unseen. You can know the germs, the bacteria, the cells, and everything. Had you not got to work that lens, you would never seen anything. With lens you can see the stars, the sky, the heavens. And with the lever you move the universe. So every lever needs gears and every gear needs total horse power strength, they call it. So basically in your life behind you are what your horse power is. You are how, you quickly you change your gears. You are how you fit your life. It is all you. Nobody else is responsible. Nobody else can change your gears, you have to change your gears. And to change your gears suppose there is a direct height. You need four wheel drive and you put your first gear and you go slowly but surely but there is a power behind it that takes it. If suppose the power is just six horse power, you mean it is going to go? No. It will do phoo, phoo, phoon, phuk that's it. That's how some time your life without intuition is. The tragedy of it is you don't work on it. You think you are okay. As you are growing, you are dying, as you are growing, you are dying, as you are growing you are dying. One day you have grown that day you have died. That one day is gone. The other day will come, if it doesn't 625. If it comes its fine.

Life is just that one circle of the planet Earth. Life is that one round of the rotation of the Earth. Its a one route of your life. And it is very cosmic to know that micro consciousness is fine but if you do not have macro consciousness to supervise the micro consciousness you are in a living hell. You don't have to go to hell. Your idea. And there is a tragedy with you. You want to worship God outside. A teacher outside. A man outside. The knowledge outside. You are so stupid. Why you don't worship inside? Why don't you worship yourself? if you don't worship yourself, how you know what worship is? And if you don't love yourself, you don't know what love is.

If you don't know yourself, you don't know what to learn. What you are talking about. You are all living for out, out, out, out, out. Don't you know there is something in you, very precious and that's called God. Your athma, your soul is living God in you. There is no God outside. You will never find it. Well, religion is a reality. Where religion is a reality and when you meet that reality you will have no duality. So long you have duality there is a guage427 in which you will fall every minute of the day. May I? May I not? Should I? Should I not? Is it? Is it not? Who is, who is? What? What is what? All these million question you have to process. But if there is no duality, you have no problem.

This problem of life you are responsible to create. Because you do not take life in its organic way. You do not say I am Athma, part of Paramathma. I am a soul, part of the God. I am complete. I am self sufficient. I am alive. My power is within me, for me. My horse power is for me, enough for me. I have been given enough. And within that enough I have to manage. No, no, no, you don't like that. You want all and everything. You want it all. You get one thing. You need two. You get two, you want four. You want four, you want six. You are a non-stop beggar. You call it success. Is begging success? You are such a tremendous, very religious consistent beggar that you get everything and hoard it, and hoard it, and hoard it, and hoard it, and hoard it, and hoard it, you never know what to do with it. Then you leave. When you don't have it, you are worried. You are in pain. You are in trouble. You are in miserable. I don't have it. When you have it, you are miserable. I should have more. You have become actually a socio-economic prostitutes. There is no end to your pain. 152 socio-economic prostitutes. You do not understand that all you can eat is one pizza, what is the order of every sixteen? Why to order a full salad, full this, full this? Why to order six plates when you are going to eat only one tenth of one and one twenty of other, and one thirty of the other? Why can't you not understand you are wasteful. You are not tasteful, you are wasteful. One moment to satisfy your tongue, you are hung. You are going to pay very dearly for it. You have to understand one step, each step of your walk must talk to you. You don't have to talk God. You must know where are going? You must know what you are doing? You must understand yourself. If you start doing to understand yourself and you stand under yourself, in consciousness, your all problem will be gone. Isn't amazing?

You have a jewel in the pocket and you are searching all over the town. You have God in your heart and you are running around everywhere. What is the beat of the heart? Do you have pump. How you breath? You have a fan there which pushes your breathing? You have a a....You change cells here somewhere, eyes can see. You are automatically made perfectly to the subject so that object of life you can achieve. But when you make the object so obviously fecky you can't make it. Don't misunderstand that those people who are rich and live in big homes are very comfortable. If that is true, the world should not have manufactured maximum number of 054 bills. If all the rich people can eat what they want and digest Tupto bismal has no chains. You know what I am saying? Please understand it clearly in our life, there is one simple disease. It is very simple, it is called "stress". Stress is when we cannot express ourself to ourself. Ourself is powerful. Ourself is infinite. If ourself can be expressed to ourself, there should be no stress. We have got to do it. We got to do it. We ought to do it. There is no reason to fail, but when you got to do it, ought to do it, you do not know what it is. You are confused. You are stressful. You are just working and this worship and this prayer and this religion and this God, you all make a big macri209 of it for last one thousand nine hundred and ninety four years. You have got to stop it now. Game is over.

Now is the time to go within yourself once a while and see where you are. And that's what tonight we are going to do. We are going to go into the seventh chakra into the 234pineal. And we are going to take the help of the Sikhs, The Command Center. And we are going to create a fun. Is that okay? Right? **31 minutes:**



The basic elementary Kundalini yoga. All right then sit straight, and sit erect and let's see what fun we have. All right, correct? And 313 this hand. This is a very funny exercise, please don't misunderstand it. Make this finger and this finger, pinkie and your this. And three fingers put them here, at heart center. It may little hurt you. I am not very positive it doesn't some people feel later on very out of balance because underneath sciatica, when start getting balanced men go straight. And this hand put it here. Just like that, simple. No big deal. Right? Now you are fit. Now put your eyes on the tip of your nose. I am not asking you to see the nose. I am asking you to look at it down and there is a blue star there, little blue lining, catch that. That you can catch. That's easy for everybody to just call "Blue pearl lining". When you look down you feel little bluish color there which is like a round color. Like this. No big deal. It is simple. It is technically right. And now breath, like as I breath. Head stroke. One, two, three, four, five, six, seven, eight and let it go. One, two, three, four, five, six, seven, eight and let it go. Sa ta

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