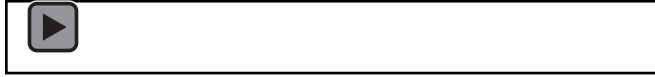


## M069a 910921 Shunniya Is Parthar (The Phenomenon of Sound New York)

<http://www.libraryofteachings.com/lecture.xqy?q=%20sort:dateDescending&id=f58972a9-3f24-439d-c1f9-229f47d2a24f&title=Meditation-Course---The-Phenomenon-of-Sound---Day-One>

BD8E



### MEDITATION:

**1° kriya ~ 6 ½ minutes:** (17:14) All right, sweat. Be in the posture please. Look at the tip of your nose please and very slowly breathe in. Breathe in and breathe in and hold. When you cannot hold and you want to breathe out, breathe to the tip of the tongue and utter, **“W A ..... HEE..... GU.....RU.....”** your navel point try to touch the spine. All right? Inhale deep. I'll time you for a while. Hold tight. When you hold tight, let the energy flow, don't worry about it. And breathe out.

(Students chant).

YB: Don't you look like Tibetan monks? That's what they do. Inhale deep. Deep, deep, deep, deep, deep, deep. Hold tight. Let it go. **“WA ..... HEE..... GU.....RU.....”**

Up to the last breath, come on, inhale deep now. Hold tight, let it go.  
**Inhale deep, hold it, holding is very important, this allows the prana to proceed in every part of the being. Speaking is powerful because that will give you effectiveness through your words. Inhale will give you health and long life. There are three parts to this. Sixty degree angle will eliminate all possibilities that your body may not feel pressured. Let it go. “WA ..... HEE..... GU.....RU.....”**

Immediately inhale, hold tight, there will be pressure on the arm, on elbows, on the muscles, tremendous. That is very good, painful, but good. Stick with it. Let it go. **“WA ..... HEE..... GU.....RU.....”**

Inhale deep again, deep, hold it, concentrate on the tip of the nose. If the optical nerve is stretched out that way, you will not be blind your life. Simple thing, simple formula, not big deal. Let it go. g

Inhale deep, just remember arms will hurt, that means your nervous system is not in balance. Otherwise there is no reason arms will hurt. But keeping it that way is pressuring the body to bring the health and the balance together, that's all. Not there to punish you, it is just to make you strong. Let it go. **“WA ..... HEE..... GU.....RU.....”**

Inhale deep, hold it tight, in the beginning there was a word, word was with God and word was God. Concentrate the words you are going to speak and speak with the breath when you have to and that give you power over others to speak the truth and win friends. Let it go. **“WA ..... HEE..... GU.....RU.....”** 23,30

Relax. That was preamble done for few minutes to stimulate your nervous system and you are nervous. I do not know there is shortage of B12 in you or you eat too much junk food. Normally when the body is done this way and the angle is this way, sixty degree, like that I am doing, I am older than many of you, but I can correctly do it and I can stabilize myself.



Right Left



### **2° kriya Can we become psychics for a minute?**

All right, no, no, no, it is exercise you are going to do it. Wait, I am not making a fool of you, I am trying to tell you what to do. it's a yogic exercise, it's very hard.

**Pressure your nose first, watch my movements. You have to do it. First, pressurize your nose. You**

**understand? You'll set in a second, you don't understand, watch this.**

**Just to,** I have a practice, you don't, but you have to practice this. No, no, no. you'll enjoy it when you win, it looks odd. Ida, ida and pingala, then you control the sides of it. And then you immediately take your shoulder back and do that and you will feel shushmana for a one-hundredth of a second. You will. Should I do it again? You, will you watch it now? no, no, no, no, don't, listen for God's sake, I have come here for special course and I have to teach you. idea is to share with you, I don't teach with anything. I teach what I don't practice. And I do not teach what I don't know. Because I am not a philosophy selling nonsense. You know, so... I know what works. All right? Now.

Watch me. See? Upper, in my beard you can't see it, but it go like this. **It's called, 'Miserable posture.'** And you will feel miserable. look at this, this is not untrue, but like this and then you do like this, you'll feel a forsaking one-hundredth of a second what bliss you talk about. All right? It is a exercise which has never been taught ever, it's a part of the science of yoga called 'Parthahaar.' It's called synchronization. That word Krishna means Ka-ishna. **When the entire universe comes to zero, shunya** means the tip, the just one full stop, it's called shuna. Kar means 'Ek Ong Kar,' the total creation. Kar-e-shunya. Two words put together become Krishna. And we say, "Krishna, Krishna, Krishna.." Krishna doesn't mean anything. He was a one king in India on one time. When you say, "Rama, Rama, Rama..." it means Ra-e-ma. The one who created 'Ra' means sun, ma means moon. The Creator of sun and moon. These two sounds have a vibration, 'Rama,' it's a word. Krishna is a word. But with the understanding, but you know, in old days, everything God, you



Star



end: It's called, 'Miserable posture.'

know, whatever we want people to do, we scared them. "If you don't do it, you are going to go to hell." So nobody wants to go to hell, we make people do things. Now, you understand? Will you do it? Ready?

Now it has three stages and I'll count the number and you'll steady yourself in that. One is the ida and pingala, the , like this. See the face? then you'll pull lower chin in, I can't even speak, that's the tension there and then this and then that and then like this. All right? One, two, three, shoulders four and fifth is, like that. Okay? Give your nervous system a chance you can understand, it is not a bad idea, they do it all for hundred dollar, you are doing it after paying hundred dollars, you know, exchange. Let us become psychic for a minute. Now the nose, first see, you can do it lower lip down, eyes down, pull your low, and then lower jaw, seventh vagus nerve you have to touch and control. So you pull that in down. And then immediately you pull your shoulders up and synchronize and let it go. And then be like that. Okay?

Now. One, two, na, na, na, not shoulder, this is, you know, I knew you are so fast, you are already psychics, no. One is the central part, second is the cheeks and the lower tight part, third is the shoulder and fourth is the release. And fifth is looking eyes closed. Like, you are looking in infinity. All right, now.

**One, two, three, four, five. One, nose, nose, nose. Upper lip and nose, pull down. Two, cheeks and chin tight. Three, shoulders, tight, tight. Pull the vagus nerve in tight. Four. Five.**

Now ready. One should be right that you'll have a fun of it. One. Upper lip and nose, pull downwards. Two, cheeks and lower jaw, seventh vagus nerve you have to touch. Three, tight shoulders, tight, God, make it like a steel. Four, five, .

You are getting there, don't worry.

One, nose and upper lip, tight pull down. Two, cheeks and shoulder, lower jaw. Three, shoulders tight. Four, five.

Now if you read all the yoga books, you will never find a line more than that.

'Parthahaar is a parthahaar, whosoever does it, enjoys it.' That's the parthahaar.

**Parthahaar is a science of synchronization from totality to zero. And then it is from zero to infinity.** You understand that? So there is a movement in your life when you meditate. When you vibrate and that is within yourself. And that's for yourself, that's not for anybody. If you do not know to vibrate within yourself, for yourself, you shall never know how to live happy. You know why these psychics do this? Once they do it, they reach a state of endurance. Then they feel free to say whatever they want and get away with it. It require guts to tell somebody whatever you feel like. Whether they know it or not. And they become professional. It's a part of parthahaar. The first you synchronize yourself, bring yourself to zero, then you are to infinity. Do you understand? **Parthahaar is a part of yoga which never has been explained in any book.** 47,43 It has never been taught, nobody understand, but it's a this big part of the scripture. This part. This big, this long. If you go through it, you will say, "Oh my God, what I am up to?" 48,13



**3° kriya  $3 \frac{1}{2} + 3 \frac{1}{2} + 3 + \frac{1}{2} = 11$  minutes:**

**$3 \frac{1}{2}$  minutes:** Now. This one you are doing is angle. This is your left hand, put it like this, this is your right hand, put it like this. **Angle it so correct, it should come in straight line. Angle it. Just angle it, just angle it, look at the tip of the nose, we'll play the tape, you have not to say one thing. Look at the tip of your nose and keep yourself in this angle. That's all. Your body metabolism will go through changes.**

'Ang Sang Wahe Guru,' put that.

Your body will go through a heavy metabolism changes, please allow your body to heal you. **Just angle it. Left, wide open straight, right wide open straight in angle sixty degree.**



**Stretch it out, don't bother, it built a little bit tension in nervous system, it will and it will heal you all. Look at the tip of your nose, lock your optical nerve. Concentrate on your ears and listen.**

(The tape, 'Ang Sang Wahe Guru,' is played).

YB (talks over tape): ... **Your inner ear hammer bone is working. Concentrate on your inner ear... Be steady or pretend to be steady... You are entering a area where brain**

**is producing anti-pain secretion. Please give your brain a chance to remove from your body a perpetual constant pain... You are entering a pain zone... It shall be continuous for other three minutes... All we have to do is eleven minutes and Kriya will change after three minutes, we want the brain to secrete that way. Steadily, let it happen... There is one minute more to left... Now,  $3 \frac{1}{2}$  minutes: the lower hand goes upper and upper goes lower.** Slowly, slowly, you are too quick... You are going to be one day a big man, learn now... Steady, steady, steady... Endure, you can cure. Develop endurance... Let body creates its biorhythm by itself. Give it a chance. It's a matter of giving your own body a chance. Create its own harmonious rhythm between its left hemisphere and right hemisphere.

Very slowly and steadily change hands. Lower goes upper and upper goes lower. Very slowly, slowly. You are now in control... Pain is not. It may start that you feel somewhere in the body there is a hurt. It is where you have to concentrate, consult your personal medical doctor. But let the hemisphere bring out as much healing it can. Chin in, chest out, spine straight... We are three more minutes out of it, we have two more to do... Steady, steady, take your shoulders, put your neck on it, be yourself, you know this is a self-trial, it's not something else can do for you. 57,24  **$3$  minutes: Okay now, bring your both hands to a normal level. Both equal, palms up,**



balance. Balance and **start breath of fire. Now this is a pure self-healing. With the strength of the navel, please breathe... Heal, heal, heal... Heal, heal, .** (58,53) to end ½ minutes: And now bring your hands forward and put them together and press against each other as much you can. Press and make your body as tough as steel is. Synchronize, synchronize, parthahaar. Relax. 59,28 Okay.  
 .....talk .....talk .....



..... **Hukum rajai chalna, Nanak likhey ana.' He say, By the will of God, it's written in your destiny, it'll bring you all happiness. If anything else you bring in, you'll bring trouble.**

We'll meet tomorrow, but I have to have you for three minutes to prepare for tomorrow. Okay? 1,49:30



**Move up-down the hand**

4° kriya 3 minutes: Please, balance yourself now. Left in, right up. Both palms down. And just don't touch it, no, don't do the mistake, it's a very powerful exercise, do it right. Just move it and whole body with it, please. **Up and down, whole body will move, the spine will**, you will be grateful to me for this exercise. Do it right. Both at the same time, whole body, whole, whole, whole body. You have to do it three minutes, doesn't matter much. Come on, fast, fast. It's a fast thing. Breath of fire, fast, fast, fast, fast, fast, fast, it will uplift you. Fast, fast.

Now this is cheating. No slow. Aren't you New Yorkers? Everything fast?

**Breath of fire fast, movement fast. Spine, spine. Best thing is to adjust your spine. That's the best. Open up your vertebrae and the disk and balance that out, so that there may not be any injury in future, that's all. Bring flexibility, that's all it does. Come on, come on, come on, keep going.**

One more minute.

This is last minute. Now let's try. Hurry up, hurry up.

Come on beautiful people, you have done it so well. Aha. Don't give up now. Not now. Move, move, move, this is the moment. Aha-ha, **move, move, move, move, move. Move the spine with**

**it. Just bump up. That's why you now know why the God gave you big butts? Just so you can jump up. Come on, come on. Use the pads. Move, move, move. There is a vagus nerve there, come on, come on, come on, move it, move it, move it.**

**Now inhale, hold tight, tight. Now, synchronize the body, absolutely tighten every muscle. This has to be only once, therefore don't expect I am going to do it again. Tighten it, tight, tight, tight, tight, let it go.**

Okay. May the long time...

#### LECTURE:

Let us do this way. I am already ten minutes late and according to my schedule, I have to finish the course. There are two alternatives with you. Either do it or don't. Rest is up to God. Right? You want to listen to me, I am a good man. You want to listen to yourself, you are all good. If we do not know how to use our goodness, we are nothing. If you do not know to invoke and initiate your own goodness, you are a bill of a garbage. And every human life is like that. There is no concession to it. If I tell you that I'll make you great, I'll only tell you and lie to you because I need money. Simple thing. I make my own money and I am fine. I don't need yours. And you don't need mine. If I tell you I want to give you wisdom, then I accept you are foolish. It's very foolish on my part to accept you are foolish. Because the same God made you, same God made me. If God made you foolish, it is his divinity. If He made me foolish, it is his reality. There is no need of discussion.

You have been betrayed by religion and every religion man is going to betray you. And this has been going on for centuries, and will go on for other centuries. In religion, to find your own reality, that is the truth. In religion, to find God is a lie. God is within you. So I'll say, you find God. You will try, you can't find, I know. So you'll come to me, give me six hundred dollars, I'll find it for you. This BS if going on for centuries and it'll go on. And nobody can help it and nobody can understand it. Simple, question is simple.

'Andhro kaali, behas waali, andhro paryan, parvaan chadiya.'

These four lines can decide everything. Inside you are empty, you are always begging for help. If you inside fulfilled, you are perfect.

Now. You who are in search of God, you are made with ten trillion cells, ten trillion cells, that's what your body is. Doesn't matter what your height is or how wide you are. How many poundage you have. Your constitution basically is on five elements and ten trillion cells. Each cell lives by three elements, electron, neutron, protons, so thirty trillion Gods dance in you all the time. Now, what the hell is going on? With thirty trillion God within us, we are finding a God? What happened is, religion was a necessity, it was a way of life to find God, to find self within us. What we started doing is, finding outside. So what are you going to find outside, you are not going to find anything. Because in the beginning, there is nothing but you, in the middle there is nothing but you, in the end there is nothing but you. God made you. You didn't make yourself. So having any misunderstanding that you are you, is the greatest for you. God who rotates the earth can take care of your routine, if you let it be.

All religion are based on two things: To be; not to be. When Nanak came, he say,

“What is this?”

They say, “It is, ‘To be, not to be.’”

He say, “What?”

They say, “Don’t you hear us?”

He say, “What?”

“To be, not to be.”

He say, “Oh. Rally?”

They say, “Yeah. Good deeds, divine. Bad deeds, sin.”

He say, “Oh. What is in you which is alive?”

“Atma, soul.”

He say, “What is the part of it?”

“Paramatma, God.”

“So part of God lives in you right? So if you do bad deeds, who does it? If you do good deeds, who does it?”

He say, “Then were is to be, not to be?”

They say, “What do you say?”

He say, “Let it be.”

And that was a fight.

A man or a woman who is insecure is unhappy. I can’t change it, you can’t change it, nobody can change it. There is no medicine for it. You become psychotic, you go to a psychiatrist, he finds your mood hyper, he gives you a pill to bring it down. If he feels you are depressed, he gives you a pill to go up. So what? You are a yo-yo. You go up, you go down. You go up, you go down. It’s very difficult to understand something very, very simple. God is a totality, a reality and individuality. You are willing to understand it’s a totality, it’s a reality, but you do not understand it is individuality. If you do not see God in all, you do not see God at all. You have to decide it. I can’t decide it for you, neither I have come here to decide it for you. But all I know is, the spirit of the soul is dormant. If the dormant spirit is awakened, self is achieved. If self is achieved, man is positive.

I have seen in our people, those who do not do sadhana, after a while fall apart. People say, people say to me,

“Sir,”

I say, “Yeah.”

“I meditated that day for two hours, I was in a bliss. Wow. I saw heavens and I saw God, I saw .”

And you know what I say? “Shit.”

Because they lie. It never happens. Never happens. When you meditate, all that shit hits the fan, subconscious is released, you are never in a worst conscience state than meditation. Never. You can’t. Otherwise this is not a meditation, you are lying to yourself, you are wasting two hours and I say,

“By the way, where do you work?”

“Oh, I work in that accounts branch.”

“What you get?”

“Twenty dollars an hour.”

I say, “Oh, forty dollars extra time late night, eighty dollars loss. Double time. Deposit in your bliss.”

Now what should I say? There is no such thing that meditation is a bliss. Meditation is a brain cleaning of subconscious garbage, so it may not come to the conscious mind. Meditation is to control the unconscious, so not overtake the conscious, so you may not pass out driving a car.

“I am a king, I have, I have my own jet. You know, air force one belongs to me.”

And then your car hits the wall. .

Now is that, is that meditation? Or you start chanting mantra, , the whole neighborhood knows somebody is barking and you call it meditation. I mean, what are you doing? But you know we men of God, the holy men we all live off your monies, so we make certain things to make fool of you. Actually you are all fools. You trust and believe and pay your hard earned money. In my case you have already paid, so I am safe. That’s why, in Kundalini yoga, ‘Itharashtam, tathargashtam.’ First you pay, then you are served. It’s never based on, “You pay later.” Because, I have realized after so many years teaching. This yoga is so spontaneous, so hard and so tough, majority of people don’t have to do it. So I think they made it a rule, I never understood why in everything else if God works ways, here I have to see. When I started in America teaching, people were very poor and they were not in a place come to my class. So I used to have two types of people. Young people and these Hollywood stars. Hollywood star will pay four, five hundred dollar without even asking. They will leave it under my seat. So what I do next day, take lot of money and take lot of change and throw it in the parking lot. If somebody say, “I can’t pay.”

I say, “Go, pick it up outside.”

So it was dollar fifty a class then, so they were lot many dollar fifties there, so they will get in. That did me a favor. All this Hollywood ran away. They couldn’t stand hippies by their side. One sign of a false person is, he cannot see the soul of another person. Hatred comes to those who do not see the soul, insecurity comes to soul, who do not see the light of God and pain comes to those who do not accept the ownership of God as this world is. They are very simple rules of life. So, I got rid of all these stars and this rich people and I end up with

this small little people. Look what I have done. Now I am teaching psychologist, because you know, psychology is a person comes with a problem, they say,

“ You seem to be right, say further, yeah, . Good. That sounds right, go deeper and just see, is it something you didn’t want to say, . I think rest we talk next week. Time is over.”

Hundred twenty dollars for Uh-hu, ha-ha... and we’ll talk next week.

what you can do? What is this? So it’s a going on process, you can’t stop, I can’t stop, but I’ll try to do what I have to do and you have to do what you have to do.

So, I presume you are ready for the class. That’s what I was told. Normally these days I don’t run around and teach because my health does not permit. So this happened to be a chance I have to pass through New York and I promised you before sickness and now I recovered, so I want to keep my word. Lucky we are, we are as many we are, that’s enough. It will . So, I don’t want you to like this class, I don’t want you like me, I don’t want to feel convinced you are going to get God through me, nothing, but one thing is you are going to go through heck of a time. That is sure. But somehow if you hundred percent survive, you may later on like it.

So folks, I have to do what I have to do and you have to do what you have to do. If we do it together, we’ll have definite result, if we don’t, blame yourself. So, it’s a factual thing. We are creating a sound negative to cross through the vocal meridian point of the medulla, to get to the operative part of the brain to bring in us understanding of word ‘Totality.’ It’s a process you will go through. And just stick with it. And let us see, it happens, . If doesn’t happen, you didn’t do it right. If it happens, I did it right. So... All right.

**Take these two fingers, lock these two fingers.** Next, you see and lock these two fingers and open these two fingers, these two fingers, these two. And, make it sixty degree, right here and that is right here. **Left sixty degree and it’s pinkie and ring finger.** This is first and this central finger. You understand? **Right is first finger and second.** All we are doing is connecting the energy. When we lock these two and **we open this means Jupiter and Saturn we are opening and when we lock these, it means sun and Mercury we are opening, that’s all it is.** It’s a very subtle situation. Angle has to be sixty degree, so you can very well understand. **Because your nervous system is controlled by your armpit. You do not know the importance of . You put that and clog it up, every sickness you are inviting. Because armpits are meant to sweat and stink. These are two stinking pits of the body and they release all the body garbage through smell and sweat.** But you don’t like it. Rather eating not junk food and living clear, you have found a wax kind of thing.

“I am dry.” (17)

~ 6 ½ minutes: You are going to dry dead. Don’t worry. You spend money on these dry dead, what should I tell you? I don’t have to tell you anything. Go ahead.

All right, sweat. Be in the posture please. Look at the tip of your nose please and very slowly breathe in. Breathe in and breathe in and hold. When you cannot hold and you want to breathe out, breathe to the tip of the tongue and utter, **“WA ..... HEE..... GU.....RU.....”** your navel point try to touch the spine. All right? Inhale deep. I’ll time you for a while. Hold tight. When you hold tight, let the energy flow, don’t worry about it. And breathe out.

(Students chant).

YB: Don’t you look like Tibetan monks? That’s what they do. Inhale deep. Deep, deep, deep, deep, deep, deep. Hold tight. Let it go. **“WA ..... HEE..... GU.....RU.....”**

Up to the last breath, come on, inhale deep now. Hold tight, let it go.

**Inhale deep, hold it, holding is very important, this allows the prana to proceed in every part of the being. Speaking is powerful because that will give you effectiveness through your words. Inhale will give you health and long life. There are three parts to this. Sixty degree angle will eliminate all possibilities that your body may not feel pressured. Let it go.**

**“WA ..... HEE..... GU.....RU.....”**

Immediately inhale, hold tight, there will be pressure on the arm, on elbows, on the muscles, tremendous. That is very good, painful, but good. Stick with it. Let it go. **“WA ..... HEE..... GU.....RU.....”**

Inhale deep again, deep, hold it, concentrate on the tip of the nose. If the optical nerve is stretched out that way, you will not be blind your life. Simple thing, simple formula, not big deal. Let it go. g

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Inhale deep, hold it tight, in the beginning there was a word, word was with God and word was God. Concentrate the words you are going to speak and speak with the breath when you have to and that give you power over others to speak the truth and win friends. Let it go.

**“WA ..... HEE..... GU.....RU.....”** 23,30

Relax. That was preamble done for few minutes to stimulate your nervous system and you are nervous. I do not know there is shortage of B12 in you or you eat too much junk food. Normally when the body is done this way and the angle is this way, sixty degree, like that I am doing, I am older than many of you, but I can correctly do it and I can stabilize myself. I know within one or two minutes there will be pain and then pain will be gone, and it will be stabilized like a stone. If you don’t do that and you can’t stabilize, it means simple that your parasympathetic nerve system is gone bad. That mean you block down, bog down, down in your thinking, in your actions. You reflect in your life. **This guarantees that system flows through you.** Because your system is you. If your system fails you, everything from



outside is not going to help you. You might be thinking, I am not doing it, therefore I am just teaching you. No. I can tell you, I have perfected it. There is nothing to it.

What happened to you?

Student: (-----).

YB: But why you are blaming me? Why you are blaming anybody else? Don't you understand your food is not right? Your exercise is not right and your nourishment is not right. because of three basic fault your nervous system is not in balance. Nervous system is our electric, magnetic field, it carries our electron message between our thinking motor, action, brain, body, muscles. If that is out of gear, then we live a life, but we don't enjoy it. You eat food, we are not fulfilled. We sleep, we are tired. We have six bedroom apartment, we are itchy. We have God, we have synagogue, we have church, we have gurdwara, we have everything, we are holy men, we read everything, we meditate and we are insecure. Why? Because our nervous system is not ours. It freaks. When a nervous system freaks, we flip. When we flip, mistake happens. Action has a reaction equal and opposite and action follows and the reaction follows. Then we start covering our reactions and that's how we waste our life. We feel empty because we do not achieve achieve. Because I have seen nobody wants to be wrong. Nobody wants to be miserable. Nobody wants to be a thief. Nobody wants to be a liar, nobody wants to be cheat. Nobody. Everybody wants to be beautiful, bountiful and blissful. Everybody. I am not person. I have dealt with criminal worlds also. And I say, "What do you did? ."

"I don't know, it happened."

I know why things happens. You flip. Because when your intelligence and consciousness do not work, but when your subconscious and your intelligence work, you are very negative. When your unconscious and intelligence work, you are very depressed. If your conscious and intuition doesn't work, you are hopeless. You have no hope for your future. You are never going to trust anybody. How can you trust anybody? You don't trust yourself, what is wrong with that? It's okay.

When I came to America twenty two years ago, they told me, "Do this, do that."

I say, "I have not come in America to do anything. And I shall not do. If I do, I'll be do-doing. So I don't want to do-do. I don't want to do a thing."

"What will happen to you?"

"Well, God's earth, God's planet and God has a plan, God will work it out."

A trial came in my life. I am telling you my own life. A woman came, brought me a corporation, , eighteen million dollars deposit, six and a quarter percent interest, permanent. A house, a car, a staff. I asked the attorney what I have to do. There were two places they were marked I have to sign. Papers were already signed. I say,

"What else I have to do?"

"Oh she wants to be initiated by you."

I say, "She already initiated. Why should I have to initiate?"

"But what it's matter if you put your hand on her? It's done."

I say, "I never lie. I don't want to lie to her."

There was a very great disciple of mine. He say,

"I worked one month on it. . Just say, 'You are blessed'."

I say, "I am not going to bless her."

"It's terrible. Do you know with money what you can do?"

I say, "Nothing. I can tell you what I can do with this money. I'll go lazy, I won't work, I'll be crippled, I'll have no happiness and I'll betray myself. And it's first time I am going to do it, I am not going to do it."

"What do you mean?"

I say, "We take an oath as teachers. 'I am not a woman, I am not a man, I am not a person, I am not myself, I am a teacher.' This is our oath. Now for this money, I am initiating her. If she is not worthy enough to initiate herself, I shall not initiate. And that's the rule I'll follow."

"All right sir, you don't have to initiate. All you have say is, 'I love you'."

I say, "I don't."

"What's wrong in saying? You tell everybody 'I love you'."

"That's, that's me and God. But this is a particular person. Now it's a one to one conversation. What I say to one to one I have to deliver. If I say 'I love you,' I have to. And I don't, I am not going to say."

"But you lose money."

I say, "I want to."

"Why?"

I say, "Now I know I am worth eighteen million dollars, now I know I can earn it, too. Let this money go, let her go. I am not going to initiate, I am not going to bless her, I am not going to tell her, I lover her."

"Well, it's a opportunity."

I say, "Yeah, it's a opportunity for me to work."

"I don't understand your philosophy."

I say, "Understand this.

'Kaal khaayey, ku jatho dey, Nanak sach pehchaney sey.'

Those who work with sweat of their brow, earn and give others in the name of blessing for them or those who know the truth. I am not going to take this money from her.”

I never took it, she is still here, in America, I am still in America. I talk about it and she hears it and she gets angry. And she says, “I am a woman. One day you will.”

And one day I became very American, I say, “Over my dead body.”

When you take from something from somebody, you forget what comes with it. You take somebody’s money, you also take vibrations with it. You take desire and wishes with it. You take destiny and projection with it. You take lot with it. You overburden your own self with other people’s problems whereas you can’t solve yours. That’s why mostly you become obnoxious. Not that you want to, because you are never you. I wish if you are you, then see how happy, wonderful, marvelous life is.

“What will happen to me? Where I am going to go? How I am going to pass tomorrow?”

When you were born, there was a nurse, there was a , you came naked. First thing you say, , remember that day? Somebody claimed you, loved you, hug you, put diapers around you, turn her blood into milk to survive you. And today you say, you are not going to live?

‘Jab daant ne thay tho doodh diya, jab daant dee-eo tho ann na degaa?’

When you never have teeth He gave you milk, when He has given you teeth, He won’t give you food?

But sometime you go hungry. Why? Because you are never you. You are always somebody else. Sometime you are competing, sometime you are comparing, sometime you are running, sometime you are... I don’t know what you do. . Alice doesn’t live here anymore. That’s not Alice. You don’t even introduce yourself, ‘I am the light of God.’ Never. you introduce yourself, ‘I am, I am divine.’ You are scared to say so. Is it true? Have you told each other, ‘I am divine, I am a living truth. I am kind, compassionate, merciful. I live in the wonder of God.’? Have you ever said so? What do you know about God? Nothing. God is your public relation. It feels good to talk about God. Actually, when you talk about God, you talk about self. Because you don’t love yourself, therefore you don’t talk about God. God is nothing else but you. You are not going to find God from anywhere, doesn’t matter what you try, you are going to find God inside you.

You go to a psyche, right? twenty dollars appointment.

“ I feel that your soul is longing and trying to reach all what you ....”

For this BS you pay hundred some dollars and you come out,

“I met a psychic, . Psychic told me to send this.”

You don’t even hear what he say. First of all how beautiful he look when he went this. Is it human? Oh no, spirits come through him. .

If spirits come like that let us all do it. It maybe a good exercise. **Can we become psychics for a minute?**

All right, no, no, no, it is exercise you are going to do it. Wait, I am not making a fool of you, I am trying to tell you what to do. it’s a yogic exercise, it’s very hard.



**Pressure your nose first, watch my movements. You have to do it. First, pressurize your nose. You understand? You’ll set in a second, you don’t understand , watch this.**

**Just to,** , I have a practice, you don’t, but you have to practice this. No, no, no. you’ll enjoy it when you win, it looks odd. Ida, ida and pingala, then you control the sides of it. And then you

immediately take your shoulder back and do that and you will feel shushmana for a one-hundredth of a second. You will. Should I do it again? You, will you watch it now? no, no, no, no, don’t, listen for God’s sake, I have come here for special course and I have to teach you. idea is to share with you, I don’t teach with anything. I teach what I don’t practice. And I do not teach what I don’t know. Because I am not a philosophy selling nonsense. You know, so... I know what works. All right? Now.

Watch me. See? Upper , in my beard you can’t see it, but it go like this. **It’s called, ‘Miserable posture.’** And you will feel miserable. look at this, this is not untrue, but like this and then you do like this, you’ll feel a forsaking one-hundredth of a second what bliss you talk about. All right? It is a exercise which has never been taught ever, it’s a part of the science of yoga called ‘Parthahaar.’ It’s called synchronization. That word Krishna means Ka-ishna. **When the entire universe comes to zero, shunya** means the tip, the just one full stop, it’s called shuna. Kar means ‘Ek Ong Kar,’ the total creation. Kar-e-shunya. Two words put together become Krishna. And we say, “Krishna, Krishna, Krishna..” Krishna doesn’t mean anything. He was a one king in India on one time. When you say, “Rama, Rama, Rama...” it means Ra-e-ma. The one who created ‘Ra’ means sun, ma means moon. The Creator of sun and moon. These two sounds have a vibration, ‘Rama,’ it’s a word. Krishna is a word. But with the understanding, but you know, in old days, everything God, you know, whatever we want people to do, we scared them. “If you don’t do it, you are going to go to hell.” So nobody wants to go to hell, we make people do things. Now, you understand? Will you do it? Ready?

Now it has three stages and I’ll count the number and you’ll steady yourself in that. One is the ida and pingala, the , like this. See the face? then you’ll pull lower chin in, I can’t even speak, that’s the tension there and then this and then that and then like this. All right? One, two, three, shoulders four and fifth is, like that. Okay? Give your nervous system a chance you can understand, it is not a bad idea, they do it all for hundred dollar, you are doing it after paying hundred dollars, you know, exchange. Let us become psychic for a minute. Now the nose, first see, you can do it lower lip down, eyes down, pull your low, and then lower jaw, seventh vagus nerve you have to touch and



**Start**

**end: It’s called, ‘Miserable posture.’**

Because I am not a philosophy selling nonsense. You

control. So you pull that in down. And then immediately you pull your shoulders up and synchronize and let it go. And then be like that. Okay?

Now. One, two, na, na, na, not shoulder, this is, you know, I knew you are so fast, you are already psychics, no. One is the central part, second is the cheeks and the lower tight part, third is the shoulder and fourth is the release. And fifth is looking eyes closed. Like, you are looking in infinity. All right, now.

**One, two, three, four, five. One, nose, nose, nose. Upper lip and nose, pull down. Two, cheeks and chin tight. Three, shoulders, tight, tight. Pull the vagus nerve in tight. Four. Five.**

Now ready. One should be right that you'll have a fun of it. One. Upper lip and nose, pull downwards. Two, cheeks and lower jaw, seventh vagus nerve you have to touch. Three, tight shoulders, tight, God, make it like a steel. Four, five, .

You are getting there, don't worry.

One, nose and upper lip, tight pull down. Two, cheeks and shoulder, lower jaw. Three, shoulders tight. Four, five.

Now if you read all the yoga books, you will never find a line more than that.

'Parthahaar is a parthahaar, whosoever does it, enjoys it.' That's the parthahaar.

**Parthahaar is a science of synchronization from totality to zero. And then it is from zero to infinity.** You understand that? So there is a movement in your life when you meditate. When you vibrate and that is within yourself. And that's for yourself, that's not for anybody. If you do not know to vibrate within yourself, for yourself, you shall never know how to live happy. You know why these psychics do this? Once they do it, they reach a state of endurance. Then they feel free to say whatever they want and get away with it. It require guts to tell somebody whatever you feel like. Whether they know it or not. And they become professional. It's a part of parthahaar. The first you synchronize yourself, bring yourself to zero, then you are to infinity. Do you understand? **Parthahaar is a part of yoga which never has been explained in any book.** 47,43 It has never been taught, nobody understand, but it's a this big part of the scripture. This part. This big, this long. If you go through it, you will say, "Oh my God, what I am up to?" 48,13



**3 ½ minutes:** Now. This one you are doing is angle. This is your left hand, put it like this, this is your right hand, put it like this. **Angle it so correct, it should come in straight line. Angle it. Just angle it, just angle it, look at the tip of the nose, we'll play the tape, you have not to say one thing. Look at the tip of your nose and keep yourself in this angle. That's all. Your body metabolism will go through changes.**

'Ang Sang Wahe Guru,' put that.

Your body will go through a heavy metabolism changes, please allow your body to heal you. **Just angle it. Left, wide open straight, right wide open straight in angle sixty degree. Stretch it out, don't bother, it built a little bit tension in nervous system, it will and it will heal you all. Look at the tip of your nose, lock your optical nerve. Concentrate on your ears**

and listen.

(The tape, 'Ang Sang Wahe Guru,' is played).

YB (talks over tape): ... **Your inner ear hammer bone is working. Concentrate on your inner ear... Be steady or pretend to be steady... You are entering a area where brain is producing anti-pain secretion. Please give your brain a chance to remove from your body a perpetual constant pain... You are entering a pain zone... It shall be continuous for other three minutes... All we have to do is eleven minutes and Kriya will change after three minutes, we want the brain to secrete that way. Steadily, let it happen... There is one minute more to left... Now, 3 ½ minutes: the lower hand goes upper and upper goes lower.** Slowly, slowly, you are too quick... You are going to be one day a big man, learn now... Steady, steady, steady... Endure, you can cure. Develop endurance... Let body creates its biorhythm by itself. Give it a chance. It's a matter of giving your own body a chance. Create its own harmonious rhythm between its left hemisphere and right hemisphere. Very slowly and steadily change hands. Lower goes upper and upper goes lower. Very slowly, slowly. You are now in control... Pain is not. It may start that you feel somewhere in the body there is a hurt. It is where you have to concentrate, consult your personal medical doctor. But let the hemisphere bring out as much healing it can. Chin in, chest out, spine straight... We are three more minutes out of it, we have two more to do... Steady, steady, take your shoulders, put your neck on it, be yourself, you know this is a self-trial, it's not something else can do for you. 57,24 **3 minutes: Okay now, bring your both hands to a normal level. Both**

**equal, palms up, balance. Balance and start breath of fire. Now this is a pure self-healing. With the strength of the navel, please breathe... Heal, heal, heal... Heal, heal, . (58,53) ½ minutes:** And now bring your hands forward and put them together and press against each other as much you can. Press and make your body as tough as steel is. Synchronize, synchronize, parthahaar. Relax. 59,28 Okay.



(The tape stops).





YB: Feel like little calm and sober? I don't like you to meditate, I want you to talk to next person. Come on. Don't meditate. (Students talk).

YB: Talk, talk, talk, talk, talk.

Please talk to each other anything other than serious. Something romantic, something happy, something you have to do that. Come on, let us start. Come on folks, come on now.

What I am trying to do today is, bringing the balance of the body to shunya, shunya means bringing the balanced body to zero. And that's a part of parthahaar. And if you do not know how to bring yourself to zero, you must understand you will never know how to go yourself to a thousand. If you do not know at time to reverse the gear, you also do not know how to advance the gears. Life is based on gears, its transmission, which is a secret to success. And that's the reality of life. When you need to go advanced, you should be in a position to go advanced. When you need to go reverse, you should be in a position to go reverse. Whether you go advanced or you go reverse, that is important. But the most important thing is, you must come to park, you must come to zero. And this thing in your life that in the , transition of going forward...

..... nervous blow down, black out and anything you want. It is necessary for you to go forward. But sometime it is necessary for you to go backward. That is fine, that's within the rules, that's not wrong. It's necessary for you to act. It's necessary for you to react. But also it is essential....

..... troubled sea in peace, tranquillity and in excellence. First, contain yourself. Don't act and react. Come to zero, come to shunya. Come to neutral.

You have three minds, negative, positive, neutral...

.... Subconscious, pull out the old records, 'It happened to me, therefore it's going to happen me again.' That's where you fail. That's not positive mind. That is doubling the negative mind using the positive mind to trouble the negative mind and that is the start of everybody's trouble. positive mind is, 'This is negative and this is positive now.' Not the past. Past is already gone. Don't bring past. Those who bring past will never have a future. They'll come to dead end sooner or later. So please understand, you have to do what you have to do and that is, use your negative mind and don't worry that you think or not think, one thousand thought per wink of the eye, the shashara, the seventh chakra, give it to you. So it is tremendous, it's too much, it's all over you. Thinking, thinking, thinking, makes no, nothing. Then become feeling, then become desire, then you push and then you get upset, then you freak out, it's all bogus. Negative mind tell you "This is negative." Positive mind tell you "This is positive." Neutral mind should tell you what to do. And that is, shunya, that's parthahaar. That is a part of yoga, they can't explain in books. Because that's something you have to develop. In no yoga book you'll find parthahaar. They'll say, Yam Niyam, asan, pranayam, parthahaar, dhaarna dhian samadhi. Eight things they will tell you. They'll tell you about everything. But when they come to parthahaar, 'Parthahaar is a parthahaar.' That's it. In your life, why you are unhappy? Why? You are supposed to? No. Why you are poor? You are supposed to? No.

'Pahli bancee pralabdh pachay bancee sareer.'

The body was made, everything was for it was provided first. Then structure was given, then it was decided at what longitude and latitude you have to born. Which parents are you are to born. What opportunities have to be given to you. It's all set. But you are never home. You are never home. Alice doesn't live here anymore. All you are hustling to be beautiful, to be charming, to be attractive. You are selling yourself; "Fifty percent off, hundred percent off, two hundred percent. Just get me." Get you for what? You are on sale, trouble can buy you, too. You are attractive, you can attract a rapist or a pickpocket. You want to look beautiful, somebody should explain to you. Hey, forget that. All you have to look you. 'Aad puran,' arrey Nanak says wonderful things.

'Aad puran, madh puran, anth puran Parameshwara.'

You are God, in the beginning you are perfect, in the middle you are perfect, in the end you are perfect. If you believe in the perfect, then for God's sake, be perfect. Don't become yo-yos.

"Ha, my mood is off, ha, I'll think about it."

But what you can think? You are thinking all the time. You can't stop thinking. People say,

"I want to open my third eye."

I say, "I want to close mine."

You know what you do? With negative mind, you think negative. Then positive mind, you double the negative. Then you start night dreams. When the subconscious gets filled, it start leaking into conscious and you start night dreaming, nightmares. Then you start daydreaming. And you start believing your daydreams. That's where you are mess. Because you are never you. I am talking to the person what I am looking at. Person is somewhere else. You are never home. I have never understood, I am sixty two year old, why people live that way. Give God a chance. Where there is a 'I,' there is never a thou. Where is there 'thou,' there is not an 'I.' Where there is a love, there is no question. Where there is a question, there is no love. Don't you understand it's simple mathematics? Where you are on sale, you will never get a right price. Diamonds are not sold on street corners. You lose your preciousness then, you want to be loved, respected? Forget it. You prostitute yourself and you think people are going to bow to you? You are a damn fool. Don't cheap yourself. Trust the God in you. God shall come through. God is everywhere. God is all. Even in a small thing all is. S-M-A-L-L, all. It's in the spelling. Why you are trying to be miserable? Be able. Be dependable than miserable. Give somebody trust, then live for it. Then you will know how to trust God. In God we trust and we disbelieve everybody. What a wonderful ideology.

There was one woman, I was counseling her. She was a Catholic like me. So she had to confess somebody, she couldn't go to her church and her father and all that, so she found me. She said,

"Yogiji, I want to confess to you."

I say, "Yeah, what is your confession? Don't confess anything."

She say, "But I have to confess."

I say, "Yeah, yeah, you wanted to sleep with somebody, you remembered you are a married woman, you didn't sleep, you come back home, you are feeling guilty."

She say, "How you know?"

I say, "you want to confess? I am confessing what you are going to confess."

"How you know?"

I say, "It's not a question how you know, it's written on your face. I am just reading it. Don't tell me the script and then pronounce, it looks like original."

She said, ". Isn't a sin?"

I say, "No."

"What is it?"

I say, "You were very strong. You didn't sell yourself cheap. Your passion didn't blind you. Your character came through. You are real."

"I can't face my husband."

I say, "Don't face him. Love him. Who said face your husband? Did I say face your husband? No. I say just love him."

"I have to tell him."

I say, "You ruin his marriage. He believe you, he trust you, you are going to blow it. You are going to tell I spread my , wanted to, but I couldn't because you came through? In future he will say, 'Hell with you'."

"I should not tell him?"

I say, "You should not tell yourself."

Speak your strength and that too, humbly. Don't propagate your mistakes. Our behavior is based on a public relation where we tell everybody 'We are nervous, we are idiot, we are egomaniac, we are this, we are that.' You know all we want to say that we are God. If you really don't want to believe me, one day, put a tape-recorder around your neck, you know, and tape your whole conversation all day, whosoever you talk to. If you listen to that in the evening, you will find it out, how terribly you talk. How much lie you speak. Don't believe me. Today is a modern world. Put a tape-recorder around you. Listen to whatever you say. In the night, just replay it. You will be shocked. You want to impress others. Isn't it foolish you can't impress yourself and you impress others? You love others, you can't love yourself. How can, what you can do to others which you cannot do to yourself? And whatever you cannot do to yourself, you can't give it to others. Empty glass will not quench the thirst. Because there is nothing in it. Hollow, shallow talks, egomaniac conversations make you cheap.

Remember God is three letters. G-generate, O-organize, D-deliver yourself or destroy yourself. That is your choice, that's your freewill. In relationship, either deliver the relationship or destroy it. There shall not be another chance. You are all miserable. You don't understand one thing. 'In the beginning there was a word, word was with God and word was God.' A wrong spoken word can damage unto Infinity. **Every word you speak become akashic record.** You can't wipe it out. It will haunt you and it will hunt you till your death. Speak truthfully, speak simply, straightforwardly and with a smile. Never try to impress others. Try to impress yourself. Find happiness within you. Find an attitude of gratitude. Be happy what God has given you. All happiness will come to you. Birds of the same feather flock together. If you are happy, happiness will come to you. Because happiness wants to go where happiness is. The most beautiful song you taught me in America I love it, I sing it all the time. Can we sing that for a minute?

**(The class sings, 'Happiness runs.....').**

YB: Come on, speak.

What you want to learn after this? If you know this song, you have to learn nothing. What it says? Happiness runs in a circular motion. Life is in a circle, happiness is in circle. Where it start, it'll come there again. You want to run your happiness like this. No, no, no, no... It doesn't go diagonally. Don't even ask for it. Life is like a little boat upon the sea. Right? You are a drop in the ocean. What's the next line?

Students: (-----).

YB: Everything is a part of everything anyway, whether you like it or not. It is because it is. Right? What is next line? You can have it all if you be home. You can get it all. Why? Because, that's the way it is. Why? Oh because. Why? Why happiness in circle? Why I can have it all? Why I let it be? Why? Because, that's the way it is.

You also taught me other things. 'I am freezing, I am starving, I don't know.' You know how shocking for me when I came to United States, when people say, beautiful people, 'I don't know'.? You know what my impression used to be? I couldn't believe a human doesn't know. Never heard of. Never understood. It was a shock to me. If there is a temperature, sixty degrees instead of sixty five,

"I am freezing."

what's wrong with you? You are not freezing. And if six o'clock you didn't eat, let it be seven.

"I am starving."

Go to Africa, find out what starving is. You will know it. You are just starving because at three o'clock you ate three pizzas. You are starving. Ton of double cottage, you are starving. God, who are you? What the Americans leave as a leftover, one-third of the world can feed out of that. You are nothing but wasteful, wasteful, wasteful nation. God gave you abundance. Look what you have done in two hundred years, you have polluted the country. You have ruined your mind and your mental status. God came to you with AIDS now. If you would not have had a intercourse with the green monkeys, you would have not got AIDS. You have a intercourse, physical

intercourse with sheep, you got syphilis. now you have a beautiful intercourse with green monkeys and now you got AIDS. . This started from , it was a taboo that these monkeys are untouchable, nobody used to go , nobody used to touch . When they change their religion, they become Moslem, they wanted to break the taboo. They kill them, they cooked them, they ate them. They got it. Now it's a worldwide disease. It's killing us in and out. It's a terminal disease.

When we break the natural law, we get the natural calamity. With all your refrigerators, your air-conditioning, your cars, your beautiful furniture, your houses, your bathrooms and everything, you are inside very unhappy. Because you don't believe the happiness runs in a circular motion. Circle is complete. Anything which is momentary, commotional is not complete. Start to end is the same point. It can't be different. You can't work under somebody. You cannot work over somebody. You cannot obey, you cannot command. You cannot love, you cannot be loved. Where are those ten commandments? Bring me.

You know, I went back into time, I said, why Jews are suffering. I have found the answer. Have you seen the story Moses? Have you? Many of you . You know the Moses gave ten commandments to the Jews. Is that true? Right? But Moses was not allowed to enter the promised land. Is that true? Right? Yeah, it's right, I know it. Now. Now listen to these ten commandments exactly the way they should be. Not as the way they are. And see how convenient it is to become a Jew. Just watch this. That's why he was not allowed, he just gave commandments. And after atonement, it's good to read them.

'Thou shall have no other God before thee.'

Is that true?

'Thou shall conquer the earth. The lord his peace.'

'Thou shall not take the name of the lord in vain. Thou shall never be polluted. Remember the Sabbath day to keep it holy. Thou shall live in peace and rest.'

'Honor thy father and thy mother, the identity shall be perfect.'

'Thou shall not kill, thou shall not be killed.'

'Thou shall not commit adultery, the purity shall be granted.'

'Love thy neighbor and the entire neighborhood shall love thee.'

'Thou shall not steal. All shall belong to thee.'

'Thou shall not bear, fall witness, the power to witness, my creation shall be thine.'

'Thou shall not covet the neighbor's wife, nor the neighbor's goods. The universe shall never question thy will and all goods shall come to thee.'

These are the ten promises which should have done with ten commandments. It would have been very convenient alphabets.

See what I do sitting under a tree? Make things for you. Oh this you should read. It's a long, the psychological facets of a person's identity from a lecture by Siri Singh Sahib, August 13 1991.

You are a good reader? Come on. Then read them.

These are kind of mischief, I sit under tree and do it.

Student: (-----).

YB: Yeah, yeah, yeah.

Student: Every individual is a complete unit and all individuals are divided into three categories: One—human beings, two—balloons, three—bags.

Human beings are those who carry the light, show the path to others, serve the mission, sacrifice, commit and obey.

Balloons are those who pop themselves up. They can be very charming and very attractive but they look much greater than they really are. If a balloon has ten dollars, he talks that he has one hundred thousand dollars. If he has with him a little knowledge, he makes it seem that God had intercourse with him and revealed the secrets of the universe to him. Balloons brag. They create the illusion of a majestic ship on which you can sail. But if the needle of reality pricks it, all you hear is the and then find your in the ocean without even a life jacket to keep you afloat. The balloon disappears and knows who were taken in by their inflated projection and conception are devastated.

The third type of individual is the bag. A bag will absorb whatever you put into them. They make no discrimination between nectar or garbage. To them, it's all the same. Bags are essential and essential part of society and an essential part of God. If you overfill them, they will burst. Otherwise they will keep you going. These are the words of the bag, 'I don't know, I can't think that way, I don't think so, I am not satisfied.' Complaining, nagging, depressed, and drown you in it. They are expert and they have a Ph.D. in it. Bags are the highest qualified people but they are mentally, lunatically sick. And they think they have to accept within them the whole world. Whatever happens, they always feel they have got something. It is the funniest psychological concept of a human mind.

Bags comprise seventy percent of society, balloons twenty percent and humans ten percent. Out of which one percent are the beings.

manufacturing computer of Almighty God habitats the earth. Every individual, right or wrong, good or bad, has a mission. Every mission has a magnitude. And every magnitude of mission requires manners and attitude. You can desire something and you can deserve something. But if you don't have the attitude and the manners to accomplish it or maintain it, you won't have it. That's why our marriages break, that's why our children leave us and that's why we attain wealth for a while, but then alternately fall on our face. We can't handle it. The things are essential to accomplish, two things are essential to accomplish the mission: One is attitude and one is manners. Eighty to ninety percent of those persons living on this planet earth, leave with the thought, 'I did nothing, I accomplished nothing.' They came unfulfilled, they lived unfulfilled, and they left unfulfilled.

Here are the various categories of people and how they function in life.

A. Go and get it: They are restless and they get it.

- B. Somebody should get it for them.
- C. Get it and give it to me.
- D. I was supposed to get it, what are you doing here?
- E. that for me, I am real.
- F. Don't confuse me, don't bother me.
- G. I am God, what is say is real, I am everything. If you don't know me, you don't know a thing. Get out of my life. We call them God people. Normally they are very intellectual, very accomplished and very studied. They can speak on any subject and be extremely convincing. We also call them coffee house preachers. They go to the coffee house and drink a lot of coffee and talk until the place closes.
- H. These people are fascinating. Highly sensitive and highly insensitive. You can never figure them out. They neither make any sense to themselves nor to anyone else. But they look pretty, they dress well and their first appearance is very exciting. They are like beavers, they create dams and stop everything.
- I. The intellectual. Intellectuals are never intelligent but they feel completely perfect. They drone on and on expanding their knowledge and after a while you can listen no longer. They sound like a quacking duck and when people see them coming, they avoid them. Intelligent people are those who know intellectually, but they adopt the aptitude. When an intellectual adopts, adapts the aptitude for patience, then he conceives the mission.
- J. Jokers. They know everything but they don't know anything. They can be anything. Like water, they have no shape of their own, but take the shape of whatever contains them. They will tell you they are an expert. But they will not stick to anything. Jokers never have the prime role. They are expert trainers and expert followers. But they will never be the star of the show of life. They are transitory because humor cannot last. That is the law of humor. The same is true of joy. You feel it, you enjoy it, you taste it and the next minute it is something else.
- K. They are kind, they are one of a kind and they kindle love in every heart.
- L. Long talkers. It takes sixty sentences to convey one little thought. You should run away when you see them coming.
- M. There are two types in this category. They mean and they are mean. There is nothing in-between. Whatever they communicate, they mean. Or whenever they talk, it burns you to death. They are very mean, there is no third category in this.
- N. Neutral people. They are mostly Jews people, this is how they talk.  
 'This is fine, this can be fine, too. I agree with you, you . We have agreed on it. It's done, but I can't.'  
 That will happen after two hours of talking and when everything is , that's all they have. Ifs and buts.
- O. They are the nucleus of our society. They organize everything. They are extremely successful, very joyous, very kind and highly penetrating.
- P. If you do not look at their personality and give them a proper pedestal and proper perspective, they shall in one second take one second to pee on you. The majority of them are in control of things. That is the planet earth's tragedy, they are the source of all suffering and all wars. They are control oriented. They do anything and everything just to be in control. They can be psychotic, neurotic, obnoxious or sweet and pleasant lovers. There is no facet of life which they cannot present under the motivation to control.
- Q. It doesn't matter what you say to them, you have a quick question. They question everything to death and they create duality everywhere. They are troubleshooters, faculty is invaluable in business. But in normal life, forget it.
- R. They are sneaks. They are snakes, they are reserved. You can't get a thing out of them. That's their faculty. They are good for intelligence work. You shred them, you hang them, you butcher them, they won't say a thing. In normal life, you will never know where they are at. Never ever depend on what they say. They are in their own world. Until you penetrate their reserve and find out what is their guiding line, you better keep your distance.
- S. Sincere, serviceful, and sensible. They have a solution to everything. Tell them a thing, it is solved. Ask them a question, answered. Make a deal, it is forever. Great people, nothing like them.
- T. Trampoline people. These are the only people whose aura moves up and down. Normally the aura expands and contracts with the arc line. But theirs moves up and down. When they talk, you do not know where he is going. You can never figure it out, no matter how intelligent and quick you are, nothing penetrates them.
- U. You people. Where double eyes connected at the bottom. This is you, this you is a rapid cannon fire that never stops. You, you becomes Yo-Yo and you run. Their projection is very powerful. They reach and penetrate any psyche to get their point across. They are wonderful public relations people, but living with them is like living on a grill. They roast you to death.
- V. These are very rare people. They come, they see, they conquer, they experience victory. They know the devil, they know the divine and they know they go to victory, it is in their mind, their soul and in their being.

- W. Working class. If you ever make a working personality, a managing personality, you will lose it. Working people do not want responsibility. They are never administrators. They love to work, but after work, they don't care they are human or not. They think they are done, their limit as a human is just work.
- X. They cut everything. They are a living human negativity. You can never get from them one word of positivity.
- Y. Why people are the source of every trouble. These are the people who are always asking why and because, why and because, they can never get out of that.
- Z. Z people are very . They have the zeal to inspire themselves and the zeal to inspire others. They are people of Infinity. Z people come once in a while like , like , like messengers of God. There is no pain which can hurt them. There is no reality which can limit them. There are no circumstances which deter them. And there is nothing which can stop them. Z people come with the will of God. They live with the will God, they leave with the will of God. They are like infinity people. Their zeal penetrates through. Even death cannot stop them. Fear of death stops everybody, fear of family, fear of poverty. These fears are not imaginary, these fears stop us. These fears stop us in our intelligence, our creativity, our reality, our personality and our expansion. Fears exist to stop here. Fear is such an imaginary reality that kills your reality. But in Z people, nothing can stop them.

YB: Well,

(Applause).

YB: What I did this summer, I sat under a tree, cherry tree and I taught a class everyday. Those classes are available on tape if you want to. But those classes are like this. Those are my, that those are classes of Yogi Bhajan, Ph.D., Dr. Yogi Bhajan, Ph.D., that's where we describe the humanity, human, human life and human projections. Classify them. This is a pamphlet, if you want to have it, you have to come to the Yoga Center and ask them to give you a copy so that you can understand which category you fall. Ten commandments you can get them also and there are like more lot of things.

Normally, it is not expected of me to run around anymore, so I like to rest myself in the sense, but what I do, I sit down and I am creating a psychology of vitality, because I have believed, it's not the people who wants to suffer, it is the power inside which is suffering us. When inside there is no energy, outside words become painful. If there is no vitality inside to meet outside, then we can't meet. Then we are afraid to meet outside and in that fear, we mess up lot of things. And that's what I, I am trying to create a association of psychologist in United States, because I don't believe that you can do umhu, ha-ha and all that, it is going to work out, I want people just to come, get their positions straight, get their power within themselves, go, work, make it. Life is a very precious gift. It's meant to be lived. And when you are scared and when you are on sale and when you are in your territorial struggle, you are you. There is no part of God with you. You are not with God. You as I fighting the whole world. The whole world belongs to God, not to you. So you want your own niche, you want little thing in the world of God, why don't you flow with the flow of God and be happy? Why don't you believe one thing what Nanak said? Let it be. Let the hand of God guide you, carry you and be with you. You don't need anybody. I am a living example in United States.

When I came to Canada, I was a guest of Canadian government. It didn't work out, it was too cold, I came to California. I didn't have a billboard, 'I am a yogi.' I had a pokedar pink turban, striped bush shirt and striped pant. And how much I know America? One day I want to wash my bush shirt. I put that soap they told me to put, put twenty four cent, put my shirt in. All I got a pulp. What happened to it, I still don't know. True. True. I walked in the street of America without shoes. Without clothes, without friends. Look in twenty years what I have done. You know why? I believe happiness is our birthright. It's not favor to us. That's the difference. I don't teach misery. I don't teach...

.... When you think of sin, you stink. You are not born in sin, you are born in image of God. You are not wrong, you are very right. You can't be wrong. God Almighty made you to be who you are. Trust it, believe it. The perfect God cannot make better than you anything whatsoever it may be. If you have not recognized you are made in God, recognize it today. Believe it, trust it and be it. If your life will change, your environments will change, prosperity, opportunity will come to you. Don't worry. Because you make yourself belittled by worrying, by being afraid. Expand, trust in the Infinity of God. The Infinity of God shall come through you.

I remember once in Los Angeles, in my yoga class a woman came and she said,

"Yogiji, I want to get married."

Then I say, "Well, find somebody."

She say, "After seven marriages, which never last more than three months, you are telling me to find somebody?"

I say, "Well, your turnout is very quick."

She say, "That's the way it is. I find somebody, I love them, I want to marry them, they marry me, I don't know what's wrong with me or them, they all..."

I say, "Okay. Do me one simple thing."

"What?"

I say, "Just don't marry anybody. If somebody tell you, 'I really want to marry you,' tell him 'No.' And still he marries you, then get married."

After four years, she found such a person, she called me, she said,

"I have to marry him, in spite of my every..."

I say, "Yes, yes, yes, you should."

"You know him?"

say, "He is my yoga student too."

"But how you know him?"

I say, "He is pushing me from last one year to tell you to marry him."

"Why didn't you tell me?"

I say, "Well, I said no, but I told you no. And in spite of all the know."

"But what you told him about me?"

"I told him, moment she touches a man, he becomes a beetle. When she talks a man, he become fly, when she sleep with a man, he disappears. But still he wants to marry you. I think you should."

They are still happily married. And she always ask him,

"My love, is there any complain about me?"

He say, "No, no, no. Not at all, no complaint. You are perfect."

"Oh no, there must be something wrong with me."

He said, "Maybe, I don't see it."

"You might have heard something?"

He say, "Not at all. Who can tell me about you? None, none, none, none."

Because he asked me "How I should deal with this woman?"

I said, "Simple thing, learn from monkeys."

And that's what I gave them the marriage present. 'See no wrong, hear no wrong, say no wrong.' And I say, "Nothing will go wrong." In his office, those big three monkeys sits, in his bedroom, those three monkeys sits, in his drawing room and in his entry way, there is a big mirror, in the center of that there is those three monkeys. He not only sees them, believes them, he practices them. Because, he loves that woman.

Where there is a love, there is no question. Where there is a question, there is no love. Then it's a business. Then give and take. Then it's a loss and profit. Then there is a argument and harmony. Then it's a war and destruction. We who are by the will of God, must learn to live by the will go God. We have not even designed our nose. How can we design our day? You do not know why you have blue eyes and why I have brown eyes. I don't know. You do not know why your hair become gray when you are old and why they are black or blonde when you are young. You do not know when you are born, why they are short and why they become long. What do you want to know? You are here by the will of God, learn to live by the will of God and the will of God is, let it be. And that's what said Nanak, the whole world stood against him, he stood alone against the whole world. He stood by the word of God. He said,

'Hukum rajai chalna, Nanak likhey ana.'

He say, **'By the will of God, it's written in your destiny, it'll bring you all happiness. If anything else you bring in, you'll bring trouble.'**

We'll meet tomorrow, but I have to have you for three minutes to prepare for tomorrow. Okay?

1,49:30 **3 minutes:** Please, balance yourself now. Left in, right up. Both palms down. And just don't touch it, no, don't do the mistake, it's a very powerful exercise, do it right. Just move it and whole body with it, please. **Up and down, whole body will move, the spine will**, you will be grateful to me for this exercise. Do it right. Both at the same time, whole body, whole, whole, whole body. You have to do it three minutes, doesn't matter much. Come on, fast, fast. It's a fast thing. Breath of fire, fast, fast, fast, fast, fast, fast, it will uplift you. Fast, fast.

Now this is cheating. No slow. Aren't you New Yorkers? Everything fast?

**Breath of fire fast, movement fast. Spine, spine. Best thing is to adjust your spine. That's the best. Open up your vertebrae and the disk and balance that out, so that there may not be any injury in future, that's all. Bring flexibility, that's all it does. Come on, come on, come on, keep going.**

One more minute.

This is last minute. Now let's try. Hurry up, hurry up.

Come on beautiful people, you have done it so well. Aha. Don't give up now. Not now. Move, move, move, this is the moment. Aha-ha, **move, move, move, move, move, move. Move the spine**

**with it. Just bump up. That's why you now know why the God gave you big butts? Just so you can jump up. Come on, come on. Use the pads. Move, move, move. There is a vagus nerve there, come on, come on, come on, move it, move it, move it.**

**Now inhale, hold tight, tight. Now, synchronize the body, absolutely tighten every muscle. This has to be only once, therefore don't expect I am going to do it again. Tighten it, tight, tight, tight, tight, let it go.**

**Okay. May the long time...**

(The class sings, "May the long time.....").

Lord God, the Creator, create in us the peace, tranquillity, harmony. Put our all pieces together, so live our inner peace, share peace with others. Give us the strength to bring peace to the Mother Earth and to stop ruining it forever our own generations. Lord God you gave us beautiful Mother Earth, Heavenly Fathers, and in that protection you created us in thy own image. Give us the realization, the reality, the tranquillity, the peace to preserve it, observe it and enjoy it. Make our day under thy command, under thy will. May we live in thy



**Move up-down the hand**

name, in thy light, in thy self. Give us the strength of love, love, love, give us the Time and Space to live in that love. Help us to be the most loving and pure people so we can understand thy power through our purity and our victory through thy grace. Sat Nam.

Students: Sat Nam.

YB: God bless you and many, many thanks for coming today. If you choose to come tomorrow, you are set for it and we'll meet again. And after that, I'll ask your permission to leave for Washington DC and back to the divine heavens called Espanola. Thank you.

It was a wonderful thing to experience, Guru Ma made you to chant entire Ramayan in few verses. That's what you are chanting in the happy book of, divine book of Ramayan, the story of lord Rama and that's what she was chanting and you were chanting. You, you might not have understood, but that's what you did, you finished and that's all it was.

It's fascinating how the life works. Life works through many sources. But there is one thing which is stronger than a person, better than God. When I say that, you feel alert. Because two thousand years, you have been taught God is bigger than you, God is outside you, God is somewhere else than you. You have been cheated on written record for five thousand years as humans. God is within you, it was never out, never will be. When God shall leave you, you will be sitting in a mortuary. And all you can do after minus God, you become a breakfast of the earthworms or you can be put on the pyre and set to fire. Beyond that nothing else happens. We have never accepted God is in us. And that is denial of God. We do it consciously, unconsciously, subconsciously, rhythmically, systematically. This is struggle the mankind is going now to find God outside when it is inside. If somebody give you a diamond, put in your pocket, and you take a lantern and search it out in the street, where you are going to find it? If you do not have relationship with your soul, you have absolutely no relationship with God. If you have no relationship with Athma, you have no relationship with Paramathma. If you do not know or deal with the ambassador of a country, then you want to deal with the president of the country, you must be out of your brain. It doesn't work that way. In spite of all your efforts and everything, you find something very unique. You are unhappy. And in spite of all the trouble and tragedies, I find myself very happy. After this something somewhere either you are right, I am wrong, or I am right, you are wrong. Somewhere there is a problem.

Twenty two years ago I came in United States. First thing I was told make money. First thing I remember. They say, "Make money."

I say, "For what?"

"Oh you got to live here."

I say, "You live."

"We all make money."

"you all make money, I'll make it too."

"How?"

I say, "I don't know. You have taught me, I don't know everything. Whenever you say anything, you say, 'I don't know.' So I am giving you answer in your language, 'I don't know'."

"Oh no, you are teasing us."

I say, "I am not teasing anybody."

Then came the situation where they want to promote me.

I say, "What for?"

"We want to let the whole world know you are the best yogi."

I say, "I am best, but I don't want the whole world know. The world knows it, all right."

The world which wants to know the best yogi knows it. And one who doesn't know, need not know. Everybody is not for everything and everybody is not for everybody. Then started a dispute. The same UCLA where I went to find a job, same UCLA came to hire me. Things changed, time changed. But one thing I have learned, which you have to learn, you can learn the hard way, you can learn this hard way. Go within, talk to your God. Be with your own God. God gave you a figure. Figure it out why He gave you that figure. Woman doesn't know why God made her a woman. She wants to be a man, she wants to be attractive, she wants to be on sale, she wants to be magnetic, she wants to be social. Will ever a woman learn to be just a woman? Nothing more, nothing less? God made a woman a woman. God gave woman the figure of a woman. Figure it out why and be so. God gave a figure to a man to be man. Just be a man. Figure it out. That's all you can do. If you cannot figure it out why you are a woman and why you are a man and why you are you, rest is a game. You can play rest of your life, believe me or not, you are not going to make any sense neither to ourself nor to anybody else. So what you do. You start collecting things. Best furniture, best apartment, best car, best, I have all that.

Whatever I have is best. But the difference is, I treated as a gift. I have figured it out, whatever comes to me is God's will, whatever goes out of me is God's will. I accepted His will first and my little will later. What I use my freewill, that's your problem these days, that's what you have been exploited for five thousand years, you have a freewill. Yes, I use my freewill to accept God's will. That's worthwhile. That's what you have to understand. You have not to understand only in the sense 'I know.' No, you have to stand under this fact. That should be your umbrella. That will be, should be your guidance, that should be your line.

'I love thee oh lord, I love thy will. Let thy will prevail. Guide me on thy will.'

Create a relationship. Hug Him. Bug Him. Abuse Him, praise Him, fight with Him, ask Him, deny Him, but do it consciously. Consciously. Not a ritual, but a reality. Not a phony, but exact. Fight. Last night I was fighting with God myself. I came in, I say,

"Look God, I am tired. And there are five presents on the altar. Now what the hell you mean? Now I have to pray that these gods, these people will be blessed or you are going to do something right now? If I pray, because I am supposed to pray for each present, I'll not be in a position to sleep eight AM, ten o'clock I have to go to the gurdwara, it's not going to work out. I need sleep, I am tired."

I say, "Okay, you are not listening, I am going to sit and I am going to do what I have to do. Have a good sleep."

Before I turn myself to it, telephone rang. I picked up,

“Who is this?”

“Oh, Yogiji, .”

I say, “Okay. What do you want to say?”

“Sir, the job is done.”

I say, “Okay, that’s the present you gave me for?”

“Yes sir.”

“Thank you.”

I went to bed straight. I say, “Guy is working now I don’t have to work it out.” Gave me three hours. That was fun.

You know you have a mind, the universal mind, this mind is part of the universal mind, if your mind is pure, universal mind shall respond. That’s prayer. Nobody gives you anything. And nobody takes away anything from you. This universe is in a absolute balance and harmony. Absolute. Have no doubt on it. Have you ever heard he driving chain or a shaft or earth has broken? Have you? And earth has stopped from rotating? Isn’t it not a perfect rotating ball mechanized by a Unknown will and rotates in absolute harmony? Don’t you see that? Once a while there is a shake, right? The plates, like in a house, husband and wife fights, plates go, left and right, flying plates I call them. Once a while the plates move, what happened to your most concrete, beloved buildings? Then you say on Richter scale it was 4.5, thank God. But one day, if it’s nine point on Richter scale, what will happen to you?.....