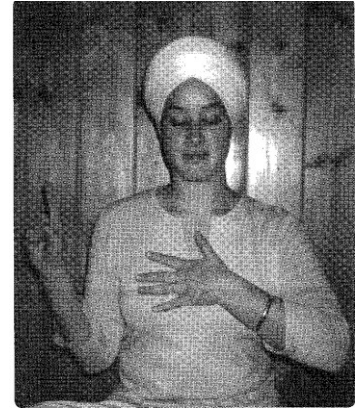


M143 971220 Kriya to Magnify the Radiant Body

Spread the fingers of the left hand as far apart as possible and place the hand on the heart center with the thumb pointing up. Make the right hand into a fist with the index finger extended and pointing up. Place the right arm by the side with the elbow down and the index finger pointing up with the tip at eye level with the palm facing forward. Close the eyes and breath deeply a few times.

Chant the mantra AAD SACH, JUGAAD SACH, HEIBHEE SACH, NAANAK HOSE BHEE SACH, pulling the navel powerfully on each "Sach," so that the navel connects with the spine. Continue for at least 8 minutes. (Yogi Bhajan said that different people might need different durations. 11 minutes seems to work well for classes.) Inhale and relax.



Note: This kriya also enhances intuition provided the fingers of the left hand are kept spread wide and the navel is pulled powerfully on each "Sach."

Lecture

Lake Wales, FL WINTER SOLSTICE

Hey, this is not going to work out.

Well. Well, we have gathered here. I think this is the first year I don't have two blankets around me.

Student: (-----).

(Applause).

YB: You'll come to close quarters, take lot of yogi tea, put blankets around, walk here frozen and then try to inspire people. It was more funnier than seeing this time good weather.

Touch. Spell it.

(Students spell).

Aad sach, jugad sach, hai bhi sach, Nanak hosee bhi sach. Touch. That's the definition of the touch. And that definition should become your touch. Nothing less that will work. I mean, I am not teaching you philosophy or religion. I am teaching you a reality how you will enter the Age of Aquarius as leaders, rich, happy, healthy, creative, conscious, trustworthy and worthy.

If you define your life... It's a fact. Life is based on touch. We do touch each other with eyes, we touch each other with ears, we touch each other with songs, words. We touch physically, we touch to kill, we touch to give birth. If you look the whole spectrum of life, it's nothing but touch. And if you want to know the master's touch, then this words of Nanak you should live. You do live your own words. You live your emotions, you live your feeling, you live your fantasies, you live your desires, you live the environments, you live the call of your national emergencies, personal emergencies, cultural emergencies, emergencies. You have million things to divide yourself. But there is a one thing which can fundamentally guide you to the height. Then nobody can touch you. And that height is,

'Aad sach, jugad sach, hai bhi sach, Nanak hosee bhi sach.'

'The world in the beginning was true, world through the time is true, world now is true, Nanak word shall always be true.'

'Eh jag sach eh kothree sachay kaa vich vaas'.

'This world is the house of truth and truth prevails.'

Not my truth, your truth, personal truth, impersonal truth. Because your father didn't teach you right, therefore every man is a bastard. Because your mother didn't teach you right, so every woman is a bitch. No, that's insanity. It's called qualified determined, subverted insanity. That's the name in psychology for this. You cannot be you if you can never be in the past. You have a past, you have no future. And it's so funny, you are criminal. When you drag your past into your future, first you have to bring in today. So when you bring that past today, then today that time, precious time of life is over. That's wasted. Then you have to drag that from here today to tomorrow which is yet not come. So I don't think anybody is your enemy, you are your own enemy. You have energy. Normally it has been seen that people live on thirty percent of personal energy. Rest, they drag their life through. Seventy percent dragging, a lot of punishment. And then, we are their spiritual. Then the religion, then God knows what. And what for. Why there is a religion? Why there is a God when God made you in His own image and created you in His own life span and gave you destiny and distance. Why, why?

Some boy was telling me, "I am no meditation twenty hours."

I say, "What for?"

Oh, I, I was surprised. "In twenty hours what do you do?"

He said, "I sit and I do this Kriya of yours twenty hours."

(Laughter in the class).

I say, "Twenty hours for what? Are you insane? I mean, if you are insane, you can meditate."

Life is a working meditation. Master move with mastery of meditation in every field of life. That's master. His majesty can be felt, seen without uttering a word. You will never be shallow. You will have weight. And personality will never have weight. It is not, I am saying people not call you names or blame you and, . They'll go after you like in hell. This is the simple formula, learn from me.

If you at night, evening, lit a candle and by the morning you will have two, three hundred moths dead, which is truth we don't know. What is their fight against? Their fight is against light. If candle is not lit, they are not going to come. And if you are not in life willing to take that challenge, you are never ever going to be enlightened, doesn't matter what you follow, who you follow, what's your need, how many books you can cram up and how many theories you have got, how many certificates you have. As a human, you are a zero.

Human, hue means light. Mann means mental. To me, now you are a mental light. And you don't expect the moth come near. What a wrong living. It is not the girl love you. But it is you have a control over yourself. If somebody loves you, do not love if you cannot carry. Don't be. Don't leave them. Be nice.

How can you be late I am giving a best lecture of my life? Don't you tell him on time is the sale? Sit down Amrit, it's okay.

Touch a person, hold a person and then carry a person. You can't drag anybody, you cannot lean on anybody. You cannot do all those things where you can go wrong. Carry them simply and truthfully. And what is the word which dignify the carrying? Is there anybody who can speak that?

Student: (-----).

YB: Come on, come on, try. Go ahead.

Thirty years of teaching and you do not know the word? My, mama miya, what's going on? What is that simple word?

Student: Keep up.

YB: That's my Ph.D., this is not, .

Can you repeat after me? "I am with you."

Students: "I am with you."

YB: That's all, one line. You know what I do when people shit at me? When they do, I sit down there and there I am and, it goes from fifteen minutes to forty five minutes, depends upon the capacity of a person. And you know what I say? 'I am with you, don't worry, nothing is going to happen. Go home, enjoy life.' That's all. You ask me why? The psychosomatic frequency in the molecule into the mega form can be changed into alpha, beta and theta, in the simple sense of the voice. And that's a law nature must obey. It's not something people understand in a subtle way. But that's what the power is. That is the power of the word. Nobody can beat it. But you have to say, "I am..."

Students: With you.

YB: Just see how, how sexy you can say. Come on.

Students: I am with you.

YB: You said it now. So class is over, you are with me, that's all right. Why we should keep on talking about it? The most veteran, villainous and courageous and pious of a human is, to be with other human. Because we are like stars in the sky, born at one Time and Space, to be ourself. And everybody is our coherent neighbor. And all we have to do is,

'I am with you.' You should not covet the neighbor's wife. You know what that is? Ego. Ego is neighbor's wife. Do not misunderstand these things, just to smile, "Hi, how are you?"

"I am seeing you for a long time."

"No, no, no, that's just accidental, but I am with you."

When you start being one and with everybody, actually you are with God. Because if you cannot see God in all, you cannot see God at all.

You are you. You are within your God. But when you deal outside, you deal and touch everybody with the longing of the soul. That enriches your soul. That's why Guru Nanak gave one order only. Jap means repeat, he said. And the whole thing, there is one commandment. Very military type Jap. What?

'Aad sach, jugad sach, hai bhi sach, Nanak hosee bhi sach.'

'In the beginning it is true, through the time it is true, now is true, and Nanak it shall be true.'

And if you just believe that, then Mother Nature will give you a place where your legacy will live forever. Try it. Try it. The most difficult thing is to obey a teacher. And most foolish thing is to be a teacher. Because some people like are half-cooked and they become teachers and they start saying weird things to their students and that, that students are very intelligent. They all will know the difference between a eyes and eyeballs and other balls. They are not, they are not, they know. Students know. They know the hands are not balls and balls are not hand. They are very aware of it. And anybody foolishly if start doing this number, he is not a teacher. He is on a path of self-construction. Because student can do hundred mistakes, doesn't matter. You have to only do one and once. You cannot be forgiven. Not that anybody can forgive you. You cannot forgive yourself. Because you fell on your knees. You have into the emotional and sensual and sexual or whatever that you call. You did it.

So, human race without grace shall not enter Age of Aquarius. And don't mind my words. I may not live couple years to see it has, still there are sixteen years, but I am not sure that you will not experience tragedies after tragedies. Because psychosomatics of the earth axle and magnet field and the flare of the sun into the creativity and reflection of the moon has already changed. Quite a bit.

So our engagement on this earth in communication, in sexuality, specially ladies' menstruation, in men's feeling, I am not saying hard or soft, it's already changed.

You might be soon asking for a day of atonement and you want to lie down in a coffin, so you can close your eyes. That's how bad it can be next sixteen years. Because next sixteen year, is the years of challenge. And what is the challenge? You must come to embrace the truth. You must come and embrace the truth. You must come and experience the truth. You must come and be the truth. Like 'Aad sach' it was. So you are 'Aad sach.'

It's very funny. Once I was teaching in Berkeley University and a black guy about six, seven foot some inches, took knife and start dancing over me. Some of you oldies must know that. And we didn't do a one damn thing. I kept sitting. So everybody wanted to eat him alive and show him how good his meat is, but, I say "No," and we kept talking. In the end he got tired and he sat down. And he did the class. And that was fine, it all finished. So people wanted to teach him a lesson, I say, "No, leave him alone." He came and say, "Master, I have a question."

I say, "Go ahead."

He say, "I was dancing with a naked knife over you, why do you think I stab you?"

I say, "Because that doesn't work. If you have to stab me, if you'd stab me, you took so much time dancing, you didn't have the energy to stab. And why should you stab me?"

He say, "I wanted to like to stab you."

I say, "Try it now. Now it's one to one basis."

He say, "Why you are so sure?"

I say, "I am a trained commando. Before you even think of stabbing me, I'll teach, take your each rib and put in your hand before you close your eyes. You want to see that?"

He say, "No, no, no, no, no. I was joking. It's okay."

"If you are joking, then I am joking, too. Then we have nothing to fight. We have nothing to be angry about."

And he say, "But, I did disturb your class."

I say, "No, you brought in me the best of me and tomorrow when I am going to teach class, there will be double the number, don't worry. It is good PR."

And it was true. That's when I say, patience pays. Patience?

Students: Pays.

YB: Patience?

Students: Pays.

YB: When you lose your patience and you don't have patience, you don't have yourself. It's most cowardly act. When you lash out and flash out and do all that mischief, you are cheap. You are a creep. It's not you. Hold your grounds and behold. Everyday is yours and yours alone. It is not anybody. Behold, breath of life is yours, life is yours and you are yours. How many of you are yours? How many are given themselves to themselves? What kind of lovers you are? What a idiot thing to do. Love everybody, but not self.

"Hi, honey. Where we are going to eat?"

Have you said to yourself, 'Hey body, where we are going to exercise, eat and be nice?'?"

You think it is insanity to talk to yourself which is so powerful in you and living and beautiful and gorgeous? How can an empty glass can take away the thirst of anybody? How can a man who is empty and not loving and absolutely not caring can care for anybody, except emotions? You are finding a problem, you are finding a problem you are lonely. And you are creating an animosity with your own self. Because you are never lonely. You have God, you have guru, you have yourself, three. You are just number four. How lonely you can be? Because you said you are lonely, so within your own cycle and circle, you have daydreams, you have nightmares and you have fantasies and you have commotions. That is what come to be a master's touch. When you touch a master, you become the master.

'Paaras sug lug baney suvarnu, mitapem.'

Paras is the, that philosopher's stone which touches anything, makes it gold and they say, a stone went to paras and become gold. Mitapem. Then all the cycleness, circle of life is finished. We have to do that now. If we will not prepare ourselves to face the world which is going to hold on us, we may be failure. People ask us, "You look beautiful." They don't want to tell you a story, they don't want time. Then you have to help them and you can't hide under this nonsense, neurotic life, "Oh, I am an attorney, I am a doctor, I am an executive, I am successful." People don't care who you are. It will be just like a France revolution. Anybody with blond hair and blue eyes, guillotine. People mob people. They'll ask help. They'll like energy, they want the touch. When if you know how to touch the heart, you will be great. You will be positive. What more I can tell you? It's on us, it is coming. We have prepared ourselves for thirty years, that's why we are not too much PR and too much drama and too much this and too much that. No, no, no, no, no. Too much. If you know God and guru and you do not know evil and devil, then you know nothing. Things are always in two. Coin has both sides. One side is the state, the other is the kingly head. Metal is the same. You have to know what is wrong and what's right. Then you can find what is wrong and then you can substitute with right. Otherwise there is no need to prostitute your life and you will be wasteful for what. Nobody can tell you what to do. You have to go sincerely inside in your psyche and say, "I am a radiant, I am a reality. I have my own reverence."

Let people know you as graceful, reality, with reverence of courage. You know you have to protect your own reverence. Nobody can protect it.

Let's do one Kriya and then off the hook.

Take this left hand, open it and put it here. All five fingers separate, totally. And take this hand and put it like this. Breathe in and breathe out, couple times to open up your breath. Now remember, this mantra you have to chant, pulling navel on the point 'Sach.'

(The mantra

'Aad sach, jugad sach, hai bhi sach, Nanak hosee bhi sach.'

is chanted).

YB: Good.

Do we have a tape of this?

Keep up, keep up sincerely. You will have a good time.

Hold, let us see what he has to offer. get in the musical rhythm only very beautiful.

(The tape, 'Aad sach, jugad sach, hai bhi sach, Nanak hosee bhi sach,' is played).

YB (talks over tape): ... From the navel... Close your eyes and concentrate... All finger open...

(The tape continues).

YB (talks over tape): Connect sach with the navel point... Inhale and relax.

(The tape stops).

YB: This is called the combination of polarities. Your breath has a length of thirty six inches and when you press the navel to create the word sound 'Sach,' then, after a long practice, sorry, short practice, depend upon how prone you are to things, you become intuitive. Provided all the five fingers on the left hand are open. And right hand index finger is up and you, this is how it will come to be, to be honest with you, (chanting) 'Aad sach, jugad sach, hai bhi sach, Nanak hosee bhi sach.' The length of the mantra is time acknowledge by the breath of life. I mean, let's learn things scientifically, not because I said it, so you listen to it.

Now I have done my job, I am my way out and I have to come, live my promise to create teachers and teachers are those who will practice teaching in reality and if you have difficulty, you tell me and if there is a no experience, get the experience. That's all. The word 'Sach,' must touch your bellybutton with your spine. Simple as that. But you say it is difficult, it's not. Once you start practicing it, you will be very well with it. And then you'll have many, many experience which I am way, way beautiful and luxurious. I have practiced it, I know it, I am aware of it. not something and you will be surprised how people will change their opinion towards you. Because they megafy the radiant body.

There is a student of mine and I can't call him a student, but you know, he is just than I thought, so he all of a sudden, who was pale, his nails were white and . So naturally, curiosity I send him to a doctor, so they take all and doctor called me, I say, "What's wrong with him?"

He say, "Everything."

I say, "What do you mean everything?"

He say, "Liver is not working, his spleen is not working, his digestion is not working, lungs are not working."

I say, "Is his pancreas working?"

He say, "That's the only one thing which is working. And he is addict to sugar. Because he couldn't eat, he couldn't digest, he couldn't poop, he couldn't pee, so what he did is, got to sugar. Survive for energy."

I say, "Is there any chance of his living?"

He say, "I'll give him three months."

I say, "But I don't have a money for his coffin. So what should we do?"

He say, "I don't know I am just giving you report."

Sad thing. So I wanted to touch him, I say, "How you feel?"

He say, "Desperate, miserable, horrible, terrible."

I say, "all can go, what you can do for me."

He say, "Anything. Anything, anything."

I say, "Wow, I got him by the horns."

So I told him, "Do this Kriya."

Everything reversed in forty days. But he was really disciplined person. He was nice. Live on moong bean and rice and lemon juice with his straw so he may not lose his teeth. That's all he ate. With absolutely . he is happy. He is living. Because the proportionate of the breath coming through the lungs and getting out and the navel point pushing the energy upwards is combined in a ratio where you can find yourself very augmented with power. That's all it is.

So we keep on talking or that's enough?

Student: (-----).

YB: . Time has come now, you should become teachers and cover me. I have covered you. I came here not for students, I came here to create teachers. I have done my job silently, in shine, in pain, in slander, in praise, in appreciation, in service or in a disaster. Doesn't matter. Pair of opposite does not affect a yogi. and that's, that's all I knew. So I have given you all what you needed. Now for your sake, you will stand to practice and experience. So you can also share with people who are falling on you like hordes. You know the **mongoose** when came to the south east Asia? Hordes of them. That's how people are going to go berserk. They even stop you now.

"Hey, what, what, what is this? What is this for Why? Who are you? Hey, look very beautiful. Where are you from?"

When you tell them, "From Los Angeles."

They say, " Los Angeles. Oh you are those Khalsas, , oh yeah, ."

Watch out. Watch out. See how next five years it does to your personalities. Therefore built practice.

Why should we play tape? We have a lively person with the guitar.

What is wrong with you? Something really bad? play guitar with your knees and fingers or still it is working? Hmm.

You will have a lively, personal song performed by person who wrote it and who sang it. Watch out. And is there anybody with a instrument in this whole congregation please, could you bring and come here? Come on, appear, appear, appear.

(Students sing 'On this day....').

YB: Thank you. This is something I am responsible for. And I did it with a sense of responsibility. Sage of the age greeting cards, we have started making. It has words of me as a Mahantantric and it has flowers and pictures taken by Siri Ram Kaur. Combination worked out very well. There is something every, something very special about the words of the sage, powerful, simple words that speak to your heart and soul. Words that can uplift and heal you. These cards blare more than inspiring quotes. They have the power to penetrate through the affairs of the daily life and moment of love, healing and inspiration. It has all the pictures of the flowers as in the best sense we could handle. Then, we put the quotes to it. Actually, I liked to ask you to be guinea pig for me. If you have anybody with their tremendous animosity towards you, I mean, really. Person wants to eat you alive without him. You know, broiling you on a charcoal. Just send one card. Sign it. See what you get. Why to wait tomorrow? Why not to see the effectiveness now?

Hey, make a song out of it . Spontaneous.

(A student sings).

YB: He is very good at it.

(Applause).

YB: Sat Nam and he would have done it. He would have done it. Nobody knows what you are singing, but they know you are singing in a good voice. And all in the end you had Sat Nam, they will join, your matter would have ended. Try it again.

In the Age of Aquarius knowledge will be known, goodwill and inspiration all will be sown, the seeds will grow and be great. Let us all join, not be late.

(Applause).

Ride on my friends, let us ride on unto Infinity. Come my friends, come my friends, that is the reality.

What is wrong? Making a song is difficult? Come on. That's why I left Hollywood, because I was going to be sucked into that. Don't worry, don't look at anything. Just make a tap. you don't know what to do, say Sat Nam and that will work.

(The student sings again).

YB: Thank you very much. May you all be blessed, may be you all blessed, blessed, blessed and may Guru Ram Das bless you forever. We are five years into Age of Aquarius in the cusp year and we have sixteen more to go and this is time for you to declare yourself your teachers and if you have been most lazy, lousy, bedridden, all that, come out and just touch people. And leave it rest to God. Just be kind and compassionate and caring and just touch. Everybody has a equal obnoxiousness, then passion. And everybody has a compassion and grace equal to that. So, there is no dearth of natural faculties of being positive. So I hope God and guru will bless you throughout this time, here and hereafter.

Yeah, the difference is, this monkey has to go and baboon cannot fit in. You know what I mean? You have to be , understand the tolerance and kindness and compassion, at least and take me as a role model.

I know many of you don't like me because, why? Why? There is no why? There is just a sky. Don't worry. People go berserk, their loss, not yours.

Somebody once I loved so much and I said, "What is my chances?"

He say, "Zero."

I say, "Thank you."

He say, "Why?"

I say, "I'll add a one to it whenever I like."

That's what your opinion. That's not mine.

Kindness knows no defeat. Caring has no end. And touching people heart is the only language God knows. So we are going to play the biggest show on this earth. The greatest show of time as Aquarius teachers and that's the way you all are. I don't know what you call yourself. That's how I look, that's how I dreamt, that's what I felt and that's what I pursued.

Thank you very much. We can't say goodnight, can't. We can say Sat Nam, that will do. May be. Jaao.

Hey, . I'll be free of my commotional cage.