

SUMMARY MEDITATION:

35 minutes



(50:19) **1° Kriya 31 minutes: Please sit down**, you sit on chairs put your weight on both feet, if you sit on the ground, sit well and I let you do justice to yourself, it is not something I am going to pull a miracle, what you will go through it. Take your hand just like this **cup and put this pinky and this tuboo that's ego, Id, Id, together and take this three fingers like antennas upwards, yeah, hah, correct.** See, take this, **the mercury and Id, you are combining**, you are connecting and Jupiter, Saturn and Sun you are letting loose. But use it like antenna, I am avoiding the mercury because it stimulates the brain. So I don't want your brain right now. I want your physical endurance, that's why I am doing this. And I want you to look at the tip of your nose and I want you to get lost. I am not asking you for anything except do justice to your own self. Oh Wahe Guru, Wahe Guru, Wahe Guru you came, my prayers stronger than me. Oh did we bring that pig poem? Pig is here and the author is here, okay, so long it is okay, I am fine. She is here but poem is here too?

Student: (---)

YB: You remember it, wow, oh she wrote it, she must be remembering, I write things I don't know.

Please sit tight and just be yourself and for just few minutes and time and space let it go.

Saturday we are teaching a course here with other psychologists in this very hall. It's a whole day experience your own vitality and I have to perform a miracle that day to keep you going. But that is then. This Saturday I doctor Kats, doctor Wayright and others are teaching a course right in this center. But if you can go today through it, you will be well introduced. Oh Satbir, you wrote the best poem ever I have heard. You are good honey, I am looking at you, pretty little child of mine who happens to be a girl, wow. Save your million dollars smile because when you will read your poem you are going to smile anyway.

In exactly one minute you will go through your physical, mental neurosis combined and body will start feeling itchy, glands will be start secreting and you don't know how to handle it. And there will be a mess, the only thing not to personify with this mess is, just get out of your body and watch at it.

Where is Guru Terath tonight?

Student: (---)

YB: Oh, yeah, doctor went through it, yep. The guy works so much. Just become calm and calm and calm, you are not going to be calm, that I know.

Look at your tip of nose, strongly hold your optical nerve, that will lock the mind. Looking at the tip of nose is not that we are doing something for somebody's sake. Moment the optical nerve is focused by us the mind can move, that give you little extra help and here you go in fifteen more seconds, your itch will start. There shall be fight between you and your itch. On one hand you want to go through it, on the other hand you are creating it, so you know what a tussle is? Yeah, you are in it now.

Moment your secretion becomes adjusted with your bloodstream your breath will start, you start breathing differently. Because then second readjustment will be, the oxygen intake for the lungs to help the bloodstream. And right now, you can feel coughing, yawning, those kind of things, avoid not yawning and the other stuff but keep your posture okay.

In life if you know one word called posture and you keep your posture as your throat everything, there is no king better than you, you are the king of kings. Just let it be, flow with it. Wahe Guru, just to create diversion why don't you bring that book of your poems and read it so that you provide a diversion, otherwise their mind is going to do it. We'll read in the end the most beautiful poem of the universe, Pig. Come in honey, read it in a style and make it as attractive as you can to divert their attention. If they can find that out, they will be fine, it will be convenient and easy. Otherwise their mind is going to do number, they are already in it. It looks very pleasant to me, read it.

Student: space looking back.

Looking back on this age is the ninety nine days, you seem strange to your children's children, strange to them, like drugs and sex, who may have advanced in consciousness way beyond us, who used drugs to open the mind. Who used physical union to understand creative union. Language was the form of communication. ever one used to speech instead of intuition, by in the time of our children's children self-induced hypnotic trance, yogic science and medicine. all that we know now as meditation, now the mercury business sells peace, calling anti-stress influence cake to their mental status. They occasionally talk in our language the way, I know you can't understand but I do it anyway...

...what frequency your children's children will be communicating. As the six days were time to open doors to my speech and expand its consciousness, your time now in the nine days and open the doors of consciousness and it will. Expanded uses of the gray matter called brain is the way to the future, I say it again, the way does not use speech or physical experience like drugs and sex. These ways will be

primitive language, living in outer space. The world of the future is advanced and thought, experienced would be through psyche and space.

Happiness runs in a circular motion. I relationships are formed, I have told you time and again at the ship and nothing more, a ship to carry you across, you know the song, a simple concept and a simple (?). Life is like a little boat upon the sea. You can have it all if you let yourself be but you don't. You find you are alone, so you can make the move, you take him aside to put a bug in his ear. But I can do, really. Can you tell me what is going on here?

Some one once told me I should convince a person, implement them, show them the right path, I my powers, I not could be so hard to enlighten this person to live the truth. spend and I tell you now, you can't change a person's mind, no way, (?). There is no power, no influence, no yogic siddha, who has a prize winning change their mind from your, if you speak in honest and in earnest, that is the only miracle in this game called relationships. Perhaps you have read too many books, how to win friends and influence people. There is nothing to win and nothing to influence. Dharma is not about perpetual politics. Dharma is only about perpetual (?), perpetual is only known through service because oneself to a path is to merge in infinite to seek the outcome, then you can sing your victory song, only because you can't claim the victory, then simple and precious the worth will come, drunken, delirious ecstasy why oh because, God has arranged the effect and the cause. God is everything, God is in all, give your (?), give yourself, infinity calls. Love, love is boxless. The moment you say understand, the moment you have, you have just reached the end. When you say I love you, it concludes the mission, limits your vision, a box. Infinite is endless, you don't reach anything, just keep moving, what you know, you know is only forty percent. Other sixty is God's a heaven sent gift working for your life. The one in love is an unlimited and endless expanse of infinite and boundless possibilities. not find the soul, if you love the your lover. You will sing His praises day and night. This is a fulness and infinite thought.

My teacher; I am looking get a direction, had for people I may have no understanding, none work forever and no discussion, very few people see their life machine. I got to action and I got a teacher, a teacher I had the greatest master. One day he called me, I had to go bring back some oranges from a nearby grove. Maybe they were for a large occasion he needed them now. There was no further instruction, I was a young lad, I told my friends, we have to go and bring back the oranges, off we went. When we got there we found, aren't (?). My God, if we steal them we'll surely be shocked, said one, no you are not. Said I, something to do, I got to bring back oranges and all of you. Together we plotted and planned and awake, I (?), plan and went straight to the entrance, confused, talked, flattered and gained the assistance of all the armed guards to help us gather more oranges than we ever felt possible to deliver. Problems solved to through intuitive thinking, ingenuity, intelligence and clever manipulating master gives (?), inner strength. There are stories upon stories about this great man who tested and pushed us in every way to expand, without him stayed in a tree for three days and three nights and lived to tell the story. You know, when I came down he said barely a word. Not congratulations, but what did you learn. It was this master who taught to me to know that every impossible is possible somehow. a student, I was tortured by his teacher and when he became the greatest poet and singer. Thus there was don't be fooled his teacher gave him the greatest of music or art or worldly but of consciousness, attitude, grit and ecstatic world. I got a teacher and I got it young, the training was simple, subtle and strong. trying a very young age it stays with me now even to this day. I am what I am, thanks to my teacher, I can only teach you because I was trained by a master.

YB: You have six minutes more to go. Now stick around harshly because it possibly can effect your nervous system to make you feel itchy and if you stay steady, you will repair yourself, now it is a battle to give in or to be. And the next six minutes are crucial, next six exact minutes. The strongest point of winning is keeps your posture, weaker point is let it go. In this two hemisphere, you are your best commanders. Success and failure is not mine, it is yours. The total psyche has reached two point five psyche and it is re-entering from a orange into platinum white shine, please enjoy your health and take the maximum, mental health, physical regain, self discipline, awakening yourself to yourself.

Student: A man, a title, a Yogi, Master, a joke teller, a father, a business adviser. He is all this and much, much, more. He is you meet him for, who can change with his changing roles, he has compulsion towards truth. Once he was a soldier, a government decision, when he gave the command it seemed the ground trembled, his presence evoked respect and fear, he commanded, he bellowed, starched uniforms he wore, he looked sharp, people feared him, he was a commanding military man. Some there are who wish he were still that commanding officer. Hollywood, yoga, superstars, thirty five thousand dollars, they spend for one party, in his honor. Maya, fun, jokes and fame, he was a walking talk show and also an inspiring game, he taught classes, walked in the limelight, spreading teachings to the curious passersby, some there are who wish he were still that charming, joke telling yogi.

Mahan tantric, he traveled to you, taught those your arc line turned blue. six months, he'd arrive in your town, to see what kind of trouble was going down. Houses were painted, decorated to receive an infinite present he'd come and then leave. After setting the sangat from lives straight, it was a white tornado no light could exist after he'd had your three days in his midst. Some there are who wish he were still that traveling Mahan tantric, Heart (?), surgery, blood pressure, morphine, hospitals, doctors, loved ones, (?), he was ready to go, leave his earthly home. We prayed and kept his soul earthbound; we nursed him, helped him to heal himself, encouraged him while living in death. Some there are who wish he was still needing that special care.

Businessman-merger, wise man-clever. He taught us the fundamentals of living in this world, he brought the Sangat altogether through restaurants, bakeries, family businesses.

He taught us the science of prosperity, guided us through the wealth of intricacies. Some there are who wish here was still that guiding sage and business eye. the legacy, use your gifts, help the Khalsa nation heal and uplift, prepare your future, provide for your children, spread the dharma, let that be your mission, I am dying, I have brought you to Guru's feet. It's your job to carry it on, highest destiny to

meet. Some there are who wish we were still, passing down the power now. It's not that he has a particular role to play though he has through the years played many, many more than can ever be spoken. He played the role to be taken, guided by mastery of intuition, he followed the signals to realize his vision. He used any method, approach or tactic if it served the organization of a community that was truthful and compassionate, expansive, flexible and capable of growth. Some there are who wish he were something other than what he is currently doing. There is everything beyond the something you are seeing, he is all these roles still, all this and yet nothing permanent, we are sure to which you (?). There is only his connection to truth that you can know and understand by expanding your vision, giving selflessly, completely as he has given. It is not the man, status, the person you see, it is a living the channel to infinity. He has dedicated his all to building the foundation, every aspect of personality he has used to serve the mission to honor him and actualize his prospering dream is to surpass his own infinite reach.

Mahan tantric; the Mahan tantric is not the king, this is a different part of this personality. The Mahan tantric cannot be known through the realms of wealth or majesty. The Mahan tantric is healer of the world, filterer of the subconscious for human souls. The Mahan tantric is found in meditation, he comes into your dreams, of meditative visions in his subtle body, not the physical. the physical body gives you nothing, if it is the Mahan tantric you are seeking. It is not something he consciously creates, move this (?). His subtle body extends itself out into the universe to all his students. Known, unknown, it's universal. If the Mahan tantric is what you are seeking, don't look for him on this earthly plane, touching feet, blessings and gift giving, express earthly gratitude and honest came but it is not the Mahan tantric you will be reaching. As he meditates it happens despite himself. Wahe Guru, Wahe Guru on his rosary. It is God given gift, Wahe Guru, Wahe Guru, he connects to infinity, he connects you there if you are meditating, just a few seconds is the real reality, in his presence you come to balance. In the loftiness of his experience in heavens, ethers and earthly circumstance.

The Mahan tantric comes to wake you in your dreams, he heals you in the tantric lines. He appears in your visions, he is everywhere and nowhere, you can't pin him down, you can't even find him in the body he owns. The Mahan tantric is there for all and everyone, it is just a matter of tuning in. Who meditates Dribdrishti on his picture or anyone you meditates as the student that is the between student and teacher. The Mahan tantric, the subtle body in exhaustible healer, it is timeless, spaceless, it is forever. Body may die but subtle body will ever heal, teach, filter and understand, feel the pain, grief or your sorrow, take you down, lift you up, tomorrow, it would be there as much as it is today. You can access it now, (?), it's easy, meditate. Radiant body connects to his subtle body and then you are on your way.

YB: Inhale deep, hold, synchronize your entire body, tighter, tighter, tighter, tighter, tighter, with a cannon fire let it go, out, out, inhale deep again, deep, deep, deep, hold it tight, now just synchronize every muscle, molecule and atom of your being, try it hard, everything is okay. With a cannon fire let it go, this is your last chance, inhale deep, fill up your ribcage, little more, little more, you can adjust your ribs by your own strength and force, hold it tight, super tight, synchronize yourself, come on, keep going, stop not, three more seconds and with a cannon fire let it go and hold it out, out, out, out, out, out, stick, stick, stick, hold it out, hold it out, you have the capacity, inhale again, okay, relax.

LECTURE

This is our last class, no doubt about it. And next April we'll start sharing with you lot of teachings. You are two hundred fifty five million Americans. You came here to practice your faith and to find your God. Instead of, you found wealth, natural resources and you became a superpower. When you call your country and your people as superpower, you have directly conflicted with God. Because God is the superpower, you are not. So you got two superpowers; one was Russia, they never believed in God, that was tolerable. But you wrote in your currency 'in God we trust,' and you called your superpower. Net result is, the way Russia is falling apart it is happening to teach you a lesson. All right. I agree with you, you are great nation and I took shelter here because I got lured by your national anthem and that was, land of the free and the home of the brave. And in twenty two years I have found out how free you are and how brave you are. I have a very, very personal complete knowledge of it.

Well, that is part of life, one has to pay the price for it. But fact is, there is a fact and there is no denial of it. You are two hundred fifty people, million people. You believe in Christ and you believe in Judaism and you believe in Buddhism, you believe in Sikhism, God knows how many thing you believe but you believe in something. But the problem is, you don't believe in yourself. And I have not found out what to do about it. I agree that you do believe, I do believe that you are great people, you always believe in something and you are really land of the free, you do what you want to do, you don't care for anything and you are very brave, doesn't matter how obnoxious something is, you are going to do it, do it. So you really live to your national anthem. But I am little confused because confusion is very simple and this is my confusion. How can people like you, look so good and act so ugly? How people like you can land on moon and always you are in your sewage pit? I am just politely using holy words, I don't want to use cowboy language but I am very good at it, otherwise. How come you write on your dollar bill in God we trust and you don't trust yourself? That means that has proven me in twenty two years you don't trust God is in you at all. And you don't believe God is in you at all, you are finding it out that there is a God, you will find it out, you are never going to find it, that I know too.

Second part is, if you don't believe the God is in you how can you see God in somebody else? So everybody for you is a problem, for everybody you are a problem. So when a person lives in that non-reality and breathe reality is the prana in it, that person is very unhappy and that is my dilemma, how to change it. My but Buddha tried, he didn't succeed, Moses tried didn't succeed, Jesus tried didn't succeed,

Guru Nanak hustled, didn't work much and who am I? Take it easy. My worst point; these are idiots stop them for God sake that they can, they have the right to enjoy one minute in their whole life happiness, what you are, damn it, do something. I don't know which way to go, I am torn right in the middle. One way is, I have my ranch, I have my center, people love me, millions of people are my students. I have done good to all, they have done worst to me, I have never cared, I have survived, laid low, say Sat Nam, feel good, it is good nice, fun. Worst part of is, who the heck befooling, you idiot, everybody is falling apart and Rome is burning, you are playing your flute, what is the different between you and Nero? You understand what I go through everyday? That is a pretty girl, really I want to look at her, she is pretty (?).

And then somebody say, "Yogiji gone wrong, you are a holy man, you are looking at a girl."

I said, "Yeah, yeah, yeah, let me look little more and shut up, don't. I want to look at that pretty girl."

"Don't you look at the pretty girl, it is not good, you are Siri Singh Sahib, you are Yogi Bhahan, already people tell you, you are this, you are that, you are more slandered now, what you want to do."

"No I want to look at that pretty girl."

"Stop it, sir."

I said, "Why?"

"It doesn't befit you."

I said, "What I am looking at?"

"At that pretty girl."

I said, "Na, I am not looking at pretty girl. You think I am looking at pretty girl, pretty girl think I am looking at her, I am actually made her so pretty. I am looking at the artist, I am looking at what is in her arc line in absolute frequency of its mega reality that God made her so special and gave her futures and figure so attractive and why not others. That's what I am looking at."

And then I am looking at one thing, God you did so kind, so favorable to her and why you put the pig brain there, that she is messing herself up and what kind of God you are, what is going on?

Then I said, they call you Almighty and they don't even take care of you, what mighty you are. Is it not something to be so confused but it all happen in New Mexico, nowhere else, everywhere else I am fine. That's why I never taught in New Mexico, no, never. I used to teach one day in ashram just to keep the people happy so they may not feel that I ignore them, that was my purpose. They are here, they called my people, my community whatever you call them and my point of reference to my people is, is honest truth. As much I have taught in the past twenty two years, if these people just understand one tenth, they will be prosperous, they will be richest, there will be most powerful individual, more than angels. I am just obliged not to say they shall be Gods but still, there is no difference between man and God. If there is a God, let us put it a theory out, if there is a God and God happen to be Almighty God and God happens to be perfect and He happens to be creator of this earth, He happens to be whatever you say. Then how can He be so neurotically neurotic that create all of us. How can a perfect create imperfect?

And if He is the creator, why you are messing up? And why you are in a mess, that's the question. That's a dilemma. Answer is, well, you made it idiot, they have right to made it too, have compassion, keep talking, keep teaching may be. Worst part is in my hand lifeline doesn't exist now. In my body, I am sixty two, I am hanging in here. Now what God is doing to me, doesn't want me to come home. If I can't go home, I don't like it here, I am living my own hell. So finally I gave in and I say okay, I will teach God, perhaps my Karma to New Mexico is not over. So, I am looking for escape to get home soon and if there is something leftover, I should finish it.

There was a business meeting of mine, businesses today and I asked, "Did you do this and this?"

They said, "What?"

He said, "Hey, where are we, in United States."

"Do you do this, this, this..."

They didn't say no sir, they didn't say yes sir, they said what.

What you can do with these guys, they are American, they can elect a president, they are busy, they are doing businesses. I the one who came from India, became American, where in our country, we eat flies and the monkey brain and we are third rate country, we don't know what is what. How can we be the super macho power, even fit in. Nations live off these nation, Mexican pluck their flowers and their fruits, black clean their street and garbage. That looks great, but if the blacks go on a strike you will stink, if they don't pluck your flowers or your fruits, you won't have a thing on your table. Even those oriental chaps, who you hated, you can't even drive your own car, you drive their cars, they are richer than you and sooner or later they will tell you what to do. That is what I don't like.

I say, "I have adapted this as my home, bad and good I am, I am still a Mahan Tantric, I am greatest man of this era, I have the knowledge, I am a human, I am humble, I can do something. My frustration is all better than you have gone they didn't make a dent, what the heck you are trying it for, shut up, have your meals and have a fun. But you know in spite of all this, I don't agree that you are unhappy, I don't agree that you have the right to suffer, I don't agree that your problems are yours. What I have found out you are so spoiled that you play this game and I call it sympathy, apathy, tragedy. I don't call it a game. I have yet to meet a one man in my twenty two years, who doesn't play this game. My thought I may find one. Today, in today's day, I am over twenty two years here, I have not met one person in Europe and here, who doesn't do this. So you want sympathy, you play apathy, you want to give sympathy, you make another play apathy. It's fine between the adults but you are ruining your children.

Your generation after generation will be totally dead, useless, hopeless, ineffective and that bothers me. It doesn't bother me this year that my fruit trees did not bear fruit, but it will bother me if next year they won't even have leaves. It doesn't bother me if you are all dead but

it bothers me if there is nobody to honor you, as dead. It didn't bother me that you are poor, it does bother me that you didn't get your last rites done gracefully. It doesn't bother me who you are, it does bother me you do not know who you are.

So these are the conflicts of an ordinary man who took America as his home. Then who happens to love America as it is. That's why I started working with the Woodstock Nation, that's how God brought me to a place called New Mexico. Where I found there is a New Mexico, nobody knows, even now when my VIP guest comes they take Mexican visa to come to New Mexico, and I say it is part of America, "Oh we didn't know." So my understanding tonight is that, when I will be gone and won't be with you, perhaps this thought of mine shall be with you and the thought which I want to stay tonight is; 'How long you want to suffer and when you are ready to cut it out.' That's what I am saying.

I am not asking you few things, I don't want you to follow me, I don't want to agree with me, I don't want to listen to me, I don't want you to accept me, nothing, honest to God it is true. I have no ambition that you should have anything with me, I have only one desire, if there is any desire, just experience me and be at your own. You have a tremendous treachery within you and that is... You think I, I want you that may look very true but it is not true. It's not true. I don't want you, I want you to want yourself, that's what I want. You all misread me and you have been doing it for two decades.

You know, it is the eleventh day of the Aquarius. Today, today is a full moon night, today is also birthday of Guru Nanak. You know eleven numerically is number which never changes and I was wondering why his birthday fell on the eleventh day of the Aquarius and why there is a full moon.

So there was a man, holy man from India. I asked Nirbhao Kaur who is Ph.D. in tarot cards, oh yeah, she is good, she is very good. She plays very humble, she is very good and I asked her to play cards with him. I wanted to grab him one way or the other, cards were the best instrument. But I also wanted her to play the cards and I was putting my question; what the Aquarian age has it. The answer came correct; either you know or you don't exist, the sentimental crystal, you know that card, that what it was. You are playing fame, I was playing for the Aquarius age. The same thing why you look at that girl. Well, everybody looks at the girl, I look at the girl too. I don't have eyes, even I look at the girl, I am not going to see the girl. I have only auric eyes, if I have to look at you, that's what I have to do and it hurts, I am too old for it now.

Only one day in my life I have to keep my human eyes that day, I hurt so much, I say hell with it, I am not going to do it. But I survive, I am well trained. Well, get out of the pretty girl. I see much more than a pretty girl can offer. Pretty girl offer pretty things to a human, she offers me more than that, she offers me a rainbow, she offered me change of colors, she offer me intertwine of the colors, she offered me the multi mega ray, she is asking me the bright cross sunlight, she is asking me the play of the moon in the zodiac into her arc line, I am playing her how the total energy in her body is concentrated (?), she is totally naked before me, she has no clothes on, no skin on, she doesn't have bones, she doesn't have meat, what I am looking at? I am looking at a alive organic structure of light power and energy, I have looked sixty two years that way.

If God would not have made a woman, given her additional base line, I would ask every he as she and every she as he because there is no other way to distinct. They both are the same but female has a arc line here and here where male has only here and not here, that's only the difference. Why I am looking at the pretty girl.

I came to America, I am the best astrologer on the planet, never made astrology chart for one person, except my own. I am a father of numerology. Gurchandar became expert, I didn't. In Hollywood I used to heal people by touch, at that time I wanted to establish myself, I walked out of that gimmick. I am the only living intuitive, for me to become psychic it's a game. But once I found out some friend of mine's dog and she was a big powerful lady in the Hollywood, six months I have to change thirty time my telephone number, otherwise every cat and dog was asked Yogiji where it is. So I learned if you once cut potatoes in United State, you are known as a potato cutter rest of your life.

I give you example, there was a lady, her husband was a artist, very famous artist, he made our first Ek Ong Kar, that logo is still there. She used to bring me a cantaloupe which I like very much and I couldn't eat meat, I didn't go to restaurant and I was not so well known, I was afraid somebody is going to give me a chicken or a beefs just stink into it, so I was avoiding. So she used to bring a cantaloupe and cottage cheese for me. And one day she told me, she is not going to come bring my lunch.

I said, "Why not?"

And she said, "I have to go for a foot operation."

I said, "What?"

She said, "I am going to go, have a operation on my foot."

I said, "What is wrong with your foot, you are all right."

She said, "You know my one bone has come out and there is a big mess and doctor has fixed it tomorrow."

I said, "You are going to go tomorrow, what time?"

She said, "In the afternoon but I have to go to the hospital and all that stuff."

I said, "Do me a favor, just last favor. Bring me cantaloupe and cottage cheese okay. And then will sit and chat and let you go."

She was little more into master trip you know. She said, "Okay, master whatever you see."

I said, "Oh, now done, she will come."

So next day she came, she brought a cantaloupe and all that, I ate it very nicely.

And I said, "Can I see your foot?"

And she said, "Yeah."

“Show me.” So she showed me, I said, “Oh, this little bone, huh?”

“That’s true.”

So I said, “Why don’t you lie down, let me see it, perhaps I can heal it.”

So she said, “Okay.”

I just numbed her, just touching her foot, I took that knife, I was so naive, I am just explaining to you and took that knife with which I cut the cantaloupe, I took all the dead meat right like a slice and I took the spoon and knife and pull the bone out and I put the turmeric in the foot and tie it up.

And she said, “What you did?”

I said, “I don’t know (?), I just looked at it, that’s all.”

She said, “But now it is a kind of itchy there.”

I said, “Don’t worry I have put cloth over it.”

She said, “But that’s a bandage.”

I said, “No, it is that thing you tie with the foot when foot is off, I think, now you can go.”

She said, “I better hurry up.”

And I said, “Hallelujah, God be with you, my prayers will serve your purpose.”

So she went to this doctor, he opened her. He said, “Where is the bone?”

She said, “What happened?”

He said that skull, that corn which that dead meat what they call it in the foot?

Student: Callus.

YB: Callus; he said, “It is not there, but you need some first aid. What is this yellow stuff?”

She said, “What yellow stuff?”

He couldn’t figure it out. So they washed it up and all that. Later on some of my people came to know what I did, they yelled at me, you can’t believe it. They said, “Sir it is the most stupid thing, you can be sued for it, there can be claim on you, nobody...”

I said, “don’t worry just, I thought, I like to have a cantaloupe tomorrow again. I didn’t charge her anything, (?). It was just a small callus and there was a little bone, I just pulled it came out all right, there was nothing (?), she never even felt it.”

I had three hours really a good yoga class to me, how wrong I was, so then it is okay.

Flu is going to come soon, it is called Hong-Kong flu, it is going to hit, it is already hitting lot of states. And hit couple years Los Angeles everybody was sick. So I told people to eat some pancakes. You know board of equalization of the states send me a legal notice to appear in person or through a attorney or through a attorney to answer the that I have practiced medicine without license. And I send your husband Guru Terath Singh to go and answer for me and all he did is took the pancakes. He said, “This pancake is the medicine and I am going to discuss with you, if not, that’s all we eat.”

He said, “But how this pancake can take care of the flu?”

Then he said, “Maybe it’s a gimmick, I don’t know. I don’t know who inform you.”

He said, “There is a regular complaint.”

He said, “Well, these are the pancake.”

And one guy ate it and he said, “I feel good, where they are available.”

He said, “You guys have to make it.” He came back, I said, “What happened in that date?”

He said, “Well sir, it is all over with,” this is all he could say.

Those were good innocent days, nice days, I could walk free. Those days I could walk in any street. Those were so good days, these all these drug young people come in my class and they may bring all the stuff with them and police won’t enter the classroom and they won’t chase them either. I told them, I said, “Look, these are the people I am working with, they are all on drugs. So you are going to burst them in my class, I can’t even talk to them, what is the idea. So leave as a free zone but don’t stand out and start chasing where they live, they won’t come next day, I will find it out and they are not in my class, it means you got it.”

he said okay, “You do your things, we will not be around here,” it worked very well.

I am not denying you that you have not the right of suffering, I am asking you tonight what for, what for your suffer. You all know that corn silk tea can take care of kidneys. You all know that Gota Kola is a inner energy. You all know that gold seal is good for purification. You all know the sunflower seed and other seeds are good for prostate, isn’t doctor, is that true. Even Dr. Hari Joth I have been fighting with him for four years. We have even made extract for everything, every formula I sat with him and he made the extract. You even are not willing to ten drops in a water and you call yourself humans? Now you want for every person who is sick doctor Hari Joth should take ten drops in his mouth and you should get the healing effect. Now what you can do? He came to me this morning, he checks me every nine, nine o’clock whether I am alive or dead. He said, “That vitality thing is working good.”

I said, “What is good about it?”

“One lady wants eight ounces.”

I said, “He can’t be satisfied with ten drops? She has to take only ten drops.”

“Oh she wants the whole supply?”

I said, “Here goes American crazy again.”

The doctor Hari Joth is not dying. Vitality drops are there, take ten, they just few things put together for health. Nothing wrong in it. Because our belief is very important, it is my personal belief, it has nothing to do with anybody and I believe doctor diagnoses, I believe God cures and I believe herb heals. Whether herbs are organic or they are inorganic. Inorganic herbal extracts chemically made to match up the real one is called, what pills, medicine?

Student: Drugs.

YB: Drugs, well we have gone in drugs too high and too far now. I was listening to somebody's conversation, there is a new drug in the market. All you have to do is to take it once and you will never come down again, period.

You know in Los Angeles, one day I looked at a girl of mine, I hugged her and tears came from my eyes and I said, "Dear, what's wrong?" She said, "You."

I said, "What did I do wrong?"

She said, "You never yogiji hug me, today you have hug me, you see how good it feel, you under..."

I said, "Wait a minute, wait a minute, calm down, calm down, did I do something right, I never hug you, now I hugged you, I am bad."

She said, "Why don't you do it all the time."

I said, "That we will discuss later." I said, "Why you are drinking these days."

"No, no, nothing, nothing..." She said, "Well, well you know I have bad habit a take once while a coffee."

I said, "Decaf or coffee?"

"You know, regular coffee, not much, now I have come to only one cup a day."

I said, "One cup a day?"

"I swear, one cup a day."

And I said, "There is no such coffee in this planet who can turn your eyeballs upside down and your skin is giving me a aura which I have never seen with anybody except few chronic alcoholics. You are honey hooked on something very special."

"You told me cut down my coffee."

I said, "Yeah."

"I only take one cup. Now what else you want me, dead?"

I said, "What cup is that?"

"No, I go to that shop and they have a special coffee from Brazil."

Have you guys heard that thing called push. That's a caffeine plant too. One cup has six full coffee load in it. Full and one cup can send you to heavens three time back and forth. She is not taking a regular coffee and she is taking that one cup and mind you, cup was not a tea cup. It was a mega cup, it was a mug. So it means in a beer cup or mug you have all most three cups. Eighteen cups of coffee and she is totally obeying me and I should be grateful. Aren't I am a proud, proud teacher, how great it feels, wonderful. That's what I go through everyday, never stops because I don't want to stop.

I still have a hope when I will not be teaching here for couple months, you will give yourself a chance. I don't want you to be anybody but just be you and I have given you technology and technique and you practice, you can be you. If you are asking me why you are the way you are, I tell you something; it is not your fault, it is God's fault; because your intellect releases one thousand thoughts per wink of the eye and that's how, this is our construction, we can't change that. If that stops or get lesser we will be more insane and absolutely bananas if otherwise, so it let it be continuous.

Each thought which is not fulfilled desire, now watch this, start defining emotions, feelings and emotions and desires and fulfilled desires and what is not done goes to the subconscious. And when subconscious full to the brim, then it goes to the unconscious. The tragedy of life is when unconscious start pouring into conscious mind you are a dead deal. No psychiatrist, no psychologist can take care of you because you cannot take care of yourself. Your force is not you, force is that unconscious determination that you are the image of God, you are the light of God, whether you know it or not. When that area get polluted, you became scared, you become jealous, you start attacking left and right, you start exerting, you start going berserk and tragedy starts.

And I am not worried about you are doing it, I think five thousand year ago, when the people found out kundalini yoga, the reason for that was exactly this. I think it is a old story. I believe that, that mankind has gone through this trouble before and all the time, interpretation was different.

Tonight I am asking you to share with me a meditation will blow your mind totally, I don't have to do a thing, I'll sit, drink my water, look at your beautiful faces which I don't know how to look but I will try to pretend I am there. However, you pretty men and ladies... But I am going to enjoy tonight, it is a feast, I will see how you fight your own misery within, you are going to do that and how deceitful you are to yourself. Forget about God and everything else, plus I will enjoy is, how strong and powerful you are, you will still do it; that part is the beauty, not your miserable whatever you are going to go through, you are going to go through, that I am not upset but what you are not going to go through is going to be fantastic and that is your basic determination, it is a very special secret kriya of Kundalini Yoga, seldom you will find that but tonight you will be doing it, after you finish with it, it shall be yours and if you can do it, you can enjoy it to the best of you. Are you okay?

Let us start tonight asking ourself our own strength of our own character, our own belief, our own identity, our own rhythm to our own psyche and our uniqueness as it is. Shanti I will teach you later, today the system failed. Nobody told me but I heard what they were whispering. Yeah, I had a life threat yesterday, I have to sit in a police car, get out of the airport. My fault is they don't want me to live because they think perhaps they want any sane American at all, wow, they think I am single man crusade messing up America, telling them

that three point six trillion dollar loan is no good, it is a national debt. We all are in debt of twenty eight thousand dollar. The baby who is going to born in three minutes is going carry that debt.

Russians are writing for food, winter is on them, but God, I have been Russia two times, they have a tremendous patience, you don't have one minute patience. New York light went off you, you burnt all New York. You are very fast. Unemployment lines, National fast. Hah, what a great country we are, we pumped in so much money on Monday morning arranged it by seven o'clock before our stock exchange opened, we avoided black Monday again, wow. We are really good actors. We are Hollywood everywhere. We can write our own script; but how long? Time will tell. I pray, I should be wrong. President Bush is one only, two extreme, two early employment benefits, great favor, big deal; as he brings from his pocket. How many people are dying this winter, you can't even get a news. How many people sleep hungry in United States, you have no idea.

Where I was yesterday? Albuquerque I was teaching, no, no, before that I was in Los Angeles, right. We went to a restaurant, oh, yes, it was our my chief executives meeting to pamper me to give me good report how the business are doing so. They were having a lunch on uncle Sam's bill and out of my goodwill account but anyway. That wasn't, that was nice and I said to them, I said tonight, today, today afternoon you can order anything you want but if there will be any leftover with any plate that person will pay the whole bill. Everything got cut in half, my bill was half, I loved it and plates were clean. Is it not amazing? You people think I am crazy at the ranch, wherever I go I see electric bulb on I switched off. They think I am, you know, sixty two year old and gone, I am gone little nutty. Since, I saw that TV expression, that each bulb, if it burns five minutes extra, look at this, five minutes extra is subjective to pollution in the air. Each time you brush your teeth and you let the water flow, you are polluting the planet earth. I don't have exact figures but shockingly, they totally printed it. But all the energy which we are using, either spreads the sulfur into the air or create this thing and that thing and our planet earth is dying.

Since I have watched that movie it sits with me. I brush my teeth too, I wet my brush, brush myself. Well, I am still strong, I can open the faucet, take the water, close it, may be it is crazy, maybe I am too fanatic, may be it means nothing, maybe somebody stuck an idea in my brain which is not true. We Americans are so strong and muscular we cannot even switch off a switch, can't close a water faucet. What we are going to do? We went to the desert, we didn't cover our face, every Arab wears that red stuff hanging. You think they are girls, that's not true, when you go through the stomach fly, you put it this way, you go through it, otherwise they bite, now they have got parasite. Arey do in Rome, what the Romans do, that's okay. Let's do tonight what we come here to do.



(50:19) 1^o Kriya 31 minutes: Please sit down, you sit on chairs put your weight on both feet, if you sit on the ground, sit well and I let you do justice to yourself, it is not something I am going to pull a miracle, what you will go through it. Take your hand just like this **cup and put this pinky and this tuboo that's ego, Id, Id, together and take this three fingers like antennas upwards, yeah, hah, correct.** See, take this, **the mercury and Id, you are combining**, you are connecting and Jupiter, Saturn and Sun you are letting loose. But use it like antenna, I am avoiding the mercury because it stimulates the brain. So I don't want your brain right now. I want your physical endurance, that's why I am doing this. And I want you to look at the tip of your nose and I want you to get lost. I am not asking you for anything except do justice to your own self.

Oh Wahe Guru, Wahe Guru, Wahe Guru you came, my prayers stronger than me. Oh did we bring that pig poem? Pig is here and the author is here, okay, so long it is okay, I am fine. She is here but poem is here too?

Student: (---)

YB: You remember it, wow, oh she wrote it, she must be remembering, I write things I don't know.

Please sit tight and just be yourself and for just few minutes and time and space let it go.

Saturday we are teaching a course here with other psychologists in this very hall. It's a whole day experience your own vitality and I have to perform a miracle that day to keep you going. But that is then. This Saturday I doctor Kats, doctor Wayright and others are teaching a course right in this center. But if you can go today through it, you will be well introduced. Oh Satbir, you wrote the best poem ever I have heard. You are good honey, I am looking at you, pretty little child of mine who happens to be a girl, wow. Save your million dollars smile because when you will read your poem you are going to smile anyway.

In exactly one minute you will go through your physical, mental neurosis combined and body will start feeling itchy, glands will be start secreting and you don't know how to handle it. And there will be a mess, the only thing not to personify with this mess is, just get out of your body and watch at it.

Where is Guru Terath tonight?

Student: (---)

YB: Oh, yeah, doctor went through it, yep. The guy works so much. Just become calm and calm and calm, you are not going to be calm, that I know.

Look at your tip of nose, strongly hold your optical nerve, that will lock the mind. Looking at the tip of nose is not that we are doing something for somebody's sake. Moment the optical nerve is focused by us the mind can move, that give you little extra help and

here you go in fifteen more seconds, your itch will start. There shall be fight between you and your itch. On one hand you want to go through it, on the other hand you are creating it, so you know what a tussle is? Yeah, you are in it now.

Moment your secretion becomes adjusted with your bloodstream your breath will start, you start breathing differently. Because then second readjustment will be, the oxygen intake for the lungs to help the bloodstream. And right now, you can feel coughing, yawning, those kind of things, avoid not yawning and the other stuff but keep your posture okay.

In life if you know one word called posture and you keep your posture as your throat everything, there is no king better than you, you are the king of kings. Just let it be, flow with it. Wahe Guru, just to create diversion why don't you bring that book of your poems and read it so that you provide a diversion, otherwise their mind is going to do it. We'll read in the end the most beautiful poem of the universe, Pig. Come in honey, read it in a style and make it as attractive as you can to divert their attention. If they can find that out, they will be fine, it will be convenient and easy. Otherwise their mind is going to do number, they are already in it. It looks very pleasant to me, read it.

Student: space looking back.

Looking back on this age is the ninety nine days, you seem strange to your children's children, strange to them, like drugs and sex, who may have advanced in consciousness way beyond us, who used drugs to open the mind. Who used physical union to understand creative union. Language was the form of communication. ever one used to speech instead of intuition, by in the time of our children's children self-induced hypnotic trance, yogic science and medicine. all that we know now as meditation, now the mercury business sells peace, calling anti-stress influence cake to their mental status. They occasionally talk in our language the way, I know you can't understand but I do it anyway...

...what frequency your children's children will be communicating. As the six days were time to open doors to my speech and expand its consciousness, your time now in the nine days and open the doors of consciousness and it will. Expanded uses of the gray matter called brain is the way to the future, I say it again, the way does not use speech or physical experience like drugs and sex. These ways will be primitive language, living in outer space. The world of the future is advanced and thought, experienced would be through psyche and space.

Happiness runs in a circular motion. I relationships are formed, I have told you time and again at the ship and nothing more, a ship to carry you across, you know the song, a simple concept and a simple (?). Life is like a little boat upon the sea. You can have it all if you let yourself be but you don't. You find you are alone, so you can make the move, you take him aside to put a bug in his ear. But I can do, really. Can you tell me what is going on here?

Some one once told me I should convince a person, implement them, show them the right path, I my powers, I not could be so hard to enlighten this person to live the truth. spend and I tell you now, you can't change a person's mind, no way, (?). There is no power, no influence, no yogic siddha, who has a prize winning change their mind from your, if you speak in honest and in earnest, that is the only miracle in this game called relationships. Perhaps you have read too many books, how to win friends and influence people. There is nothing to win and nothing to influence. Dharma is not about perpetual politics. Dharma is only about perpetual (?), perpetual is only known through service because oneself to a path is to merge in infinite to seek the outcome, then you can sing your victory song, only because you can't claim the victory, then simple and precious the worth will come, drunken, delirious ecstasy why oh because, God has arranged the effect and the cause. God is everything, God is in all, give your (?), give yourself, infinity calls. Love, love is boxless. The moment you say understand, the moment you have, you have just reached the end. When you say I love you, it concludes the mission, limits your vision, a box. Infinite is endless, you don't reach anything, just keep moving, what you know, you know is only forty percent. Other sixty is God's a heaven sent gift working for your life. The one in love is an unlimited and endless expanse of infinite and boundless possibilities. not find the soul, if you love the your lover. You will sing His praises day and night. This is a fulness and infinite thought.

My teacher; I am looking get a direction, had for people I may have no understanding, none work forever and no discussion, very few people see their life machine. I got to action and I got a teacher, a teacher I had the greatest master. One day he called me, I had to go bring back some oranges from a nearby grove. Maybe they were for a large occasion he needed them now. There was no further instruction, I was a young lad, I told my friends, we have to go and bring back the oranges, off we went. When we got there we found, aren't (?). My God, if we steal them we'll surely be shocked, said one, no you are not. Said I, something to do, I got to bring back oranges and all of you. Together we plotted and planned and awake, I (?), plan and went straight to the entrance, confused, talked, flattered and gained the assistance of all the armed guards to help us gather more oranges than we ever felt possible to deliver. Problems solved to through intuitive thinking, ingenuity, intelligence and clever manipulating master gives (?), inner strength. There are stories upon stories about this great man who tested and pushed us in every way to expand, without him stayed in a tree for three days and three nights and lived to tell the story. You know, when I came down he said barely a word. Not congratulations, but what did you learn. It was this master who taught to me to know that every impossible is possible somehow. a student, I was tortured by his teacher and when he became the greatest poet and singer. Thus there was don't be fooled his teacher gave him the greatest of music or art or worldly but of consciousness, attitude, grit and ecstatic world. I got a teacher and I got it young, the training was simple, subtle and strong. trying a very young age it stays with me now even to this day. I am what I am, thanks to my teacher, I can only teach you because I was trained by a master.

YB: You have six minutes more to go. Now stick around harshly because it possibly can effect your nervous system to make you feel itchy and if you stay steady, you will repair yourself, now it is a battle to give in or to be. And the next six minutes are crucial, next six exact minutes. The strongest point of winning is keeps your posture, weaker point is let it go. In this two hemisphere, you are your best commanders. Success and failure is not mine, it is yours. The total psyche has reached two point five psyche and it is re-entering from a

orange into platinum white shine, please enjoy your health and take the maximum, mental health, physical regain, self discipline, awakening yourself to yourself.

Student: A man, a title, a Yogi, Master, a joke teller, a father, a business adviser. He is all this and much, much, more. He is you meet him for, who can change with his changing roles, he has compulsion towards truth. Once he was a soldier, a government decision, when he gave the command it seemed the ground trembled, his presence evoked respect and fear, he commanded, he bellowed, starched uniforms he wore, he looked sharp, people feared him, he was a commanding military man. Some there are who wish he were still that commanding officer. Hollywood, yoga, superstars, thirty five thousand dollars, they spend for one party, in his honor. Maya, fun, jokes and fame, he was a walking talk show and also an inspiring game, he taught classes, walked in the limelight, spreading teachings to the curious passersby, some there are who wish he were still that charming, joke telling yogi.

Mahan tantric, he traveled to you, taught those your arc line turned blue. six months, he'd arrive in your town, to see what kind of trouble was going down. Houses were painted, decorated to receive an infinite present he'd come and then leave. After setting the sangat from lives straight, it was a white tornado no light could exist after he'd had your three days in his midst. Some there are who wish he were still that traveling Mahan tantric, Heart (?), surgery, blood pressure, morphine, hospitals, doctors, loved ones, (?), he was ready to go, leave his earthly home. We prayed and kept his soul earthbound; we nursed him, helped him to heal himself, encouraged him while living in death. Some there are who wish he was still needing that special care.

Businessman-merger, wise man-clever. He taught us the fundamentals of living in this world, he brought the Sangat altogether through restaurants, bakeries, family businesses.

He taught us the science of prosperity, guided us through the wealth of intricacies. Some there are who wish here was still that guiding sage and business eye. the legacy, use your gifts, help the Khalsa nation heal and uplift, prepare your future, provide for your children, spread the dharma, let that be your mission, I am dying, I have brought you to Guru's feet. It's your job to carry it on, highest destiny to meet. Some there are who wish we were still, passing down the power now. It's not that he has a particular role to play though he has through the years played many, many more than can ever be spoken. He played the role to be taken, guided by mastery of intuition, he followed the signals to realize his vision. He used any method, approach or tactic if it served the organization of a community that was truthful and compassionate, expansive, flexible and capable of growth. Some there are who wish he were something other than what he is currently doing. There is everything beyond the something you are seeing, he is all these roles still, all this and yet nothing permanent, we are sure to which you (?). There is only his connection to truth that you can know and understand by expanding your vision, giving selflessly, completely as he has given. It is not the man, status, the person you see, it is a living the channel to infinity. He has dedicated his all to building the foundation, every aspect of personality he has used to serve the mission to honor him and actualize his prospering dream is to surpass his own infinite reach.

Mahan tantric; the Mahan tantric is not the king, this is a different part of this personality. The Mahan tantric cannot be known through the realms of wealth or majesty. The Mahan tantric is healer of the world, filterer of the subconscious for human souls. The Mahan tantric is found in meditation, he comes into your dreams, of meditative visions in his subtle body, not the physical. the physical body gives you nothing, if it is the Mahan tantric you are seeking. It is not something he consciously creates, move this (?). His subtle body extends itself out into the universe to all his students. Known, unknown, it's universal. If the Mahan tantric is what you are seeking, don't look for him on this earthly plane, touching feet, blessings and gift giving, express earthly gratitude and honest came but it is not the Mahan tantric you will be reaching. As he meditates it happens despite himself. Wahe Guru, Wahe Guru on his rosary. It is God given gift, Wahe Guru, Wahe Guru, he connects to infinity, he connects you there if you are meditating, just a few seconds is the real reality, in his presence you come to balance. In the loftiness of his experience in heavens, ethers and earthly circumstance.

The Mahan tantric comes to wake you in your dreams, he heals you in the tantric lines. He appears in your visions, he is everywhere and nowhere, you can't pin him down, you can't even find him in the body he owns. The Mahan tantric is there for all and everyone, it is just a matter of tuning in. Who meditates Dribdrishti on his picture or anyone you meditates as the student that is the between student and teacher. The Mahan tantric, the subtle body in exhaustible healer, it is timeless, spaceless, it is forever. Body may die but subtle body will ever heal, teach, filter and understand, feel the pain, grief or your sorrow, take you down, lift you up, tomorrow, it would be there as much as it is today. You can access it now, (?), it's easy, meditate. Radiant body connects to his subtle body and then you are on your way.

YB: Inhale deep, hold, synchronize your entire body, tighter, tighter, tighter, tighter, tighter, with a cannon fire let it go, out, out, inhale deep again, deep, deep, deep, hold it tight, now just synchronize every muscle, molecule and atom of your being, try it hard, everything is okay. With a cannon fire let it go, this is your last chance, inhale deep, fill up your ribcage, little more, little more, you can adjust your ribs by your own strength and force, hold it tight, super tight, synchronize yourself, come on, keep going, stop not, three more seconds and with a cannon fire let it go and hold it out, out, out, out, out, out, stick, stick, stick, hold it out, hold it out, you have the capacity, inhale again, okay, relax.

You are cooked, done deal. Come on, let's read the poem Pig, hurry up. Come on, come on, she wrote a very beautiful poem, I am very proud of her, where is that poem, right here, oh, wow, come on, come on, quick, run, run. Hey, you never walk straight from this line you can come out all right, yeah, sit here. Okay, here is this, this your Pig poem, right. Now you got to speak into this.

Student: Okay.

YB: You are okay, go ahead.

Student: Okay, you can see the...

YB: You wrote it, now think we are not here, okay, everybody is gone, flown away, right, come on.

Student: Okay, once I have pig...

YB: Louder, louder, once I have a pig, right, like that.

Student (39): **Once I had a pig and he was very big, he very excessively and blessed.**

YB: Blessedly.

Student: Blessedly, when they take him to a farm and he came to a very harm, farmer Joe came out with a knife and my pig ran for his life. I to look but he was lost, I waited moving fast, when I found him I said damn, there he was a piece of ham.

(Laughter and applause).

YB: Isn't that, that's the most beautiful poem. She wrote it, they wanted to give you a treat tonight and that is the best poem I ever heard. Funny part is Wahe Guru Kaur was on my security duty and she watch me dealing, wheeling and she wrote this book eighty four accept of Siri Singh Sahib, it is a funniest philosophy. She pulled it out photogenic memory and brought it to poem as she is poetess and I read it too sometime to find what is about me.

Tonight you have meditated, you got to go home nicely and you got to eat tonight. You have to, I mean to say, I know some of you are in restrictive diet and you can't eat before coming here, I just ate half of my meals because I knew that I have to come back and eat it too. So blessed are you and we passed few weeks here well, and we shared and we taught but everything which comes has to go, he may be high or a low, so I will be with my kids at my ranch, they are coming back from New Mexico Military Institute and then I will be on my way. But this Saturday we, why don't we tell what we are doing, you are here, you are part of it right. Come on, why should I do your PRs.

Now you will hear things in American English.

Student: I think one of the most unique things about this Saturday...

YB: You are?

Student: My name is Guru Terath Kaur Khalsa, I have a Ph.D. in psychology and my specialty is Yogic therapy. This Saturday, we are having a gathering of different kinds of therapies, the heal the healer, it is specially for anybody who works with people and anybody who wants to heal themselves. It's very difficult to heal other people unless you are healed yourself. I think one of the most unique things about this particular workshop is that many different kinds of people, therapists are coming together to present to all of you how we can revitalize our inner cells, we all have been taught how to look externally and this course is going to help us get back to have a look inside of ourselves to heal ourselves. Another unique thing about this course is that the Siri Singh Sahib not only will be teaching but he will be attending and I think that's kind of a very unique opportunity to be with him present at a seminar where other people are presenting, it should be fun. And it will be interesting to see he can not (?).

YB: No, I have two timings, I have, I have two times, one in the morning and one I think I have the last word, right. What I am going to teach you the language of communication in which you can be heard, your waste of life and waste of energy you talk and you think you have been heard, that's not true. You talk, I agree; because you cannot hear yourself therefore, nobody can hear you. If you don't believe me, talk to somebody and ask him to repeat, you won't get it, you are so forgotten institution of communication that you do not know how to talk and nobody knows how to hear your. And you do not know how to hear yourself, therefore, you cannot be happy.

The greatest word is your own word to you. I am PhD in psychology of communication, I am going to teach that because you are suffering in your relationship. Secondly, I like to see how you go through it because almost book is complete, the sacred sex. I am going to tell you inside out and see how absolute neurotically you use your sex life, I am going to prove it scientifically. You think the sex is relationship when the cause and the beginning and attraction whatever. Actually this is the only one thing with you mess each other and your own relationship with each other. Because there are lot of things which you do not know. That's why you create intimacy and then after intimacy, you create rejection because intimacy creates contempt, sex create self control and senses and it should be forever. If you had a good sex between one male and female, divorce is impossible. Where there is a divorce either sex has not taken place or it was not real and that's a fact of life. When in sexual combination you become the same polarities and same pole reject each other, your relationship drops gradually to the point of divorce or you go off. And this on and off is taking the highest toll on our society. I intend to participate with these friends of mine who are by their own right are specialized in certain areas, so I decided to participate in that too. And that's the subject I am going to handle.

You have met Yogi Bhajan, you will be meeting doctor Yogi Bhanan, differently than you know me. But it shall be fun. Oh by the way, if you want to participate with my kids timing, you can call, who? Kiran and Doctor Gurchander and you can participate, with my teenager kids. You will not be asked to pay anything but you will be a kid for the first time in spite of the fact you have forgotten. And they have forgotten too, they are kids, so you will be at the same level. So I am going to reminding them that they are the kids. Because the basic problem is with teenagers a child has gone through already two deaths and the trauma is tremendous. Baby is born, baby is dead, child is born, child is dead, teenager is born and teenager is seeing the death of a teenager and that's why everybody as a teenager goes berserk and some of my kids are berserk. So I thought I can grab them in these holidays, roll them through my bulldozer and see what I can achieve. But you are my kids too, welcome, come in, you have to drive there, there is a security but if you can reach Kiran or doctor bone cracker Guruchander or doctor Hari Joth, you will be available at your number or somebody you can get the program. Contact anybody who might be shopping and if you have a time and you want to come please come but that's the only way to meet and after I finish that I have to run back to LA. It was shocking that in this world health symposium whatever that was, expo something,

Student: Whole life expo.

YB: Whole life expo. We didn't pay them ten thousand dollars but at we just paid almost near. So we are going to get a prominence part, you see the fine of it. So they couldn't throw us out because we are the pioneer in health food and we have lot of goods. So they gave us

wonderful timing, believe me or not. I think I have evening time to lecture and they gave me a room, there was not a space to even throw a needle, they could have got a better room, but that lecture was free, then they put me a twelve thirty time which is a lunch time, nobody will come and then they were filled it up even then. But the funniest part which I liked in it, something we started with very pious mind and heart, as totally become commercial.

Something I started twenty two years myself, they could not recognize. Because in America you love trends but when the trends start dealing with you, you hate it. Well, you started them, you got to deal with them and I was shocked this time but it was a fun for two days, then we end up teaching in our Yoga center in Los Angeles two days. Yesterday we were in Albuquerque and today is our class here.

I wanted to give you this meditation for three purposes. If you practice this as it is and play with it the tune of eight beat song which we have on 'Ang Sang Wahe Guru' and go in the posture and hypnotically feel there are thirty trillion light in your aura, you will heal anything you want to heal. If it is a positive desire, you shall be fulfilled, it is the most powerful thing which I could do for you tonight. When you can lock your own mercury and Jupiter, Saturn and Sun are in a full force and your Mercury will lock, locked by your own Id, you are free bird like an eagle and you will fly in the sky of heavens and recuperation as best you can. But time unfortunate for this meditation is forty five minutes, not a minute more not a minute less that part is little tragic in which you have to exercise your own self control and unfortunately the tape runs here only I think, how much tape runs, thirty one, tape runs thirty one (?).

So you will find certain hurdles, you might need a friend to help you through, it is one meditation, where timing is off, normally our mediation are thirty one minutes, eleven minutes, seven minutes, normally our kriyas are three minutes.

Kundalini Yoga is a very fast subject to take care of the householder, this is one yoga where it is no condition that you should be celibate, rather we prefer married people. We do not hold sex to mess our prostate, we have to be celibate we don't want that dreams and we do not feel the God made us in any way, from and shape imperfect, we don't put down woman, neither we praise her to hunt her. We don't put men down because they are crazy, that's not the problem. Problem we have to understand any human being who is unconscious will start unloading in conscious will be haunted by a pattern of one thought, then whole life will become mess. Your hairdo, your beauty, your lipstick, your clothes, your all thing is all phony, won't work for you and that's the tragedy, nobody can heal. Because you are interlocked, you are against yourself, outside can't help. If you go to a psychiatrist he will give you pills to down and up, up and down. If you go to this psychologist, he is going to do yeah, yeah, yeah, yeah, yeah, yeah, this theory, that theory and finally you become psychologist, he become your student. If you go to a Yogi, you start connected with him, not he connected with you. If you go to a priest, you develop a faith forget about yourself. Your most theory of importance is, if I can forget myself, I am all right. Kundalini yoga say you forget yourself, you are totally dead. Self forgetfulness is the way of life and that's the escapism we don't believe in. It's a totally different science, it is the Yoga, it says, if I don't have vitality inside, I have no right to virtues outside, if I don't have vitality outside I cannot enjoy my virtues, if I don't have vitality outside, I am not going to be virtuous. If I don't have it, what should I do, I am going to create my own vitality, not by vitamins but my inner self, that is the difference.

I went to this Expo, whatever it is, I got this thick book, I read all through the titles, you can't believe what people teach, fantastic things. I was really dumb person in the whole lot. The worst thing which I did to myself I should have sat there in that psychic reading booth, twenty dollars for fifteen minutes, lot of money, I almost thought myself, why not I would get a chair and table and I can just start, I read it anyway, what is the big in speaking, you know get twenty bucks, it was a fun. Then people started seeing their aura, oh choreography, what they call, isn't that?

Student: (----)

YB: Yeah, write it all out and other twenty five, thirty bucks, I see it all time, nobody pays me a penny. It was such a fun, but it was a good union, it was very good union. I saw people, oh, I met you nineteen seventy, I met you in seventy two, seventy three, I look those big fat pigs, I said ha, yeah, I remember you used to be skinny honey, oh, yes, I am not fat even now and now how can you be fat if they cut you down I become two out of it. And she is still not fat, not at all. If really you saw me in the middle and made two out of me that's what unfat she is and when I used to see her she was just a little lean beautiful thing, like a rose plant going through the... Wow, what twenty years have done to people.

Once Sat Simran me told me, "You must come with me," it was a reunion of her some school class. Oh, twenty fifth years reunion. I couldn't believe she was the only beautiful person in the whole lot. Everybody was three time bigger, no hair, baldheads, all drunk, each other and I said, "This are the people you studied with?"

She said, "Yeah, but it was twenty five years ago."

I said, "Did you ever imagine they will be like that?"

But she was getting lot of compliments she didn't listen to me.

She said, "Oh, you know, they all love me."

I said, "Yeah, I see. And they perhaps all want to marry you too."

But just go ahead, see it. Yeah, we must take lot of alcohol because we can't handle ourself, isn't it? Bourbon on the rock makes her rock and then we have high frequency drugs now and now the newest thing is, you take one shot of that drug you will never be back on the earth again. So you will live in a space station, right on your two legs, can you believe what (?). And if everybody start taking this damn drug what will happen to United State? What will happen to our lovely democracy, who is going to vote for who?

So good time is coming and it is going to be fun. We really need aids to help the situation, I mean, not aid that aid you are talking about. No, no aid means really help. Like a first aid, other aid is going to get you anyway, CTZ and ZBT and TTB is not going to work. You know, it is very funny we got rid of gonorrhoea and syphilis, we got it from sheep and goats. Gonorrhoea from goats, syphilis from sheep

and that's how sexual we are. And then we got Zaire those green monkeys and we got AID. There was a taboo that in that forest no man should go. They used to put food outside on the perimeter of that and when Zaire become Islamic, its first thing in religion is break all the taboos. So they killed these monkeys and cook them and ate them, they got it. Forty percent of whole Africa is suffering with AIDS. You are not far away from it. More people are getting AIDS between the women and the man, than a man and a man, so first were thinking, it's all gay community, it's not, it's all included. And if you think any medicine can save your immune system, when it start depleting itself by its self existence, I don't know what you are going to life for? It doesn't mean anything. Your very existence as a human being is based on the strength of your immune system. So please, there is no such thing as safe sex, there is a beautiful thing called sex, do it the way it should be done.

Well, now you look like quite good to me and now you have to stretch yourself like a cat, so that you can get out of it and reach home safe. Yeah, yeah, please stretch, stretch your every part and you will feel very delightful and extremely sleepy but 'May the long time sun shine...'

(The class sings 'May the long tie sun shine upon you, all love...')

YB: ...Guide your way home, go home, good night, Sat Nam, God bless you, be healthy, happy and holy.

Play that tape 'Ang Sang Wahe Guru,' that... Ha, you look good what's up...

(The tape 'And Sang Wahe Guru...' is played)