

NM290 980924 your life It should be so precious that anyone who comes in your circle, in your feeling, should feel it, this precious life

SUMMARY MEDITATION:

.... just meditate.(17:51) (Laughter).

Kriya 23 minutes: It's a good impression, I am not saying it's bad. But when you deal with them, then you know what you are dealing with. However, my life is my life and my life is my life.

And inhale deep through the nose and blow your breath so you can touch the hand over there and keep the eyes on it, see what happens to you. You have never seen your hands? Wow, Hallelujah.

Aren't we going to get cookies?

Student: Yes sir.

YB: Whose birthday, some rich person or poor? Size of the cookie decides how much money is there.

(Laughter).

Oh good.

Cookies will be served tonight after the class in honor of Guru Dharam Singh's sixteenth birthday. Wow, he is in India and he is giving us cookies here, at Meeri-Peeri Academy, Guru Fateh Kaur and Sat Nam Singh. Oh, wow, wow, wow.

These are our two kids. One I have to go and shake him up. Rest is fine. That's my kid, my kind of kid.

Your breath must touch the palm of your hand, that force you have to apply.

Keep it right otherwise you can listen to this news: A thirty five year old grandmother who gave birth to a baby fathered by a thirteen year old boy. Will avoid jail time, after all she is a mother and she has been given five, hey, keep doing what you are doing? To five years probation. It is a statutory rape with an underage lover. And the boy was one of her fifteen year old daughter's younger friend. What a science. Well, if you do not Kundalini yoga these things happen to you too. Despite the headlines whatever they say, might suggest sexual reproduction definitely is not more trouble than its...

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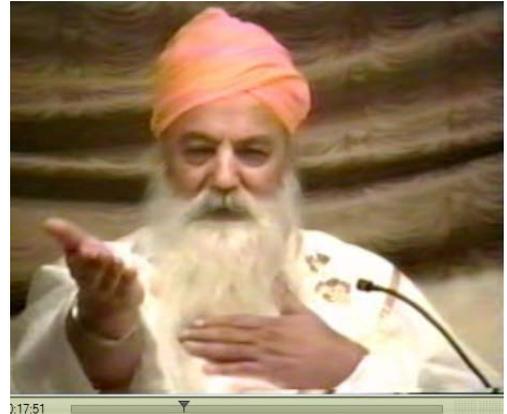
There is another class going on within the class. Humans and other animals do not just choose mates that strike their fancy but seek out sexual partners that send our clear, silent signal of survivability and strength, new research indicates. Now you know how to, how you want to get somebody. Silent, strong survivability, wow. Dr. Randy Thornhill, a biologist of University of New Mexico, watch we are participating, known for research indicating the science of good genes are evident in symmetry. Even New Mexico is into it. We thought here simple people live.

A new survey of the Americans find that only about half of the nation's parents are very comfortable when talking about sex with their children. Parents rated sex as the topic they are least comfortable in discussing.

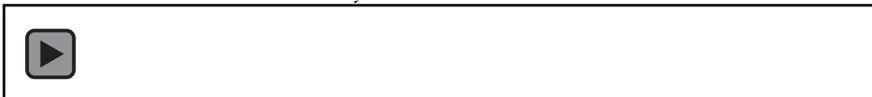
You should start having that article of mine, 'There is nothing in sex, there is nothing without sex.' Keep that damn thing handy and read it once a week at least. Come on, come on, blow up your hand, (?).

What happened to the hand, the elbow has started bending. You know look at your position, this is how life is. First you start like this and then it's this and then this and then this and then this, then like that. This is not how we started. Stretch your elbow for one more minutes is there, then you will be free. Stretch it and blow really hard.

You are all fun, come on, do it, do it, do it. Forty five seconds, do it right. Fifteen seconds.(36:11) **Inhale deep and exhale with force and keep the breath out. Hold it out. Inhale, exhale, inhale, exhale, keep it out. Inhale, now this is something you have to perform, exhale, keep it out and squeeze your body. Inhale and relax.**



Kriya audio 20 minutes:



We got a present on the way, let us... Ah, there she is. It's harder than Wahe Guru chew. Come on, baby. (?).

Well, good. You know what a devil is? In the Judeo-Christian sense in which you have been taught, do you know what a devil is? Devil means de-will, when you don't have your will, somebody else occupies you. But you know in spirituality what a devil is? When you do not appreciate your gift of body, mind and soul. There is nothing you have to learn or do or say except you have to appreciate. And if you take a tape-recording of whole day, you will find it is the minimum. That is why guru gave us the Bana. It's a process in which we have no choice but to appreciate. Bana is for us, not for anything. That's why, we are (?) ambrosial hour and meditate, not for anything but for us.

Ravi Das was a shoemaker, he used to mend the shoes of the people but he was a saint. So he had a man with him, staying with him for two, three years, serving him, one day this man said, "Pagathji, give me Nam also."

And he said, "You wait."

He say, "I don't understand, people come one minute, they bow to you and give them Nam without their asking and I have been here for two, three years and you said wait."

Ravi Das looked at him and gave him one quarter and said go and bring milk, I am very hungry, I want to drink milk. So this guy went and brought milk. So Ravi Das did, where there was water where he was mending the shoes and wetting the shoes, he put the water out and he say, "Put milk in it, I'll like to drink fast."

He say, "This pot is not good, I don't think we should put milk in it because milk will split and, moreover there is so much dirt in it, because you have soaked the shoes in it whole day."

He say, "Bhai, what do I care, I am hungry. I just want to drink it. Put it in."

He say, "Let me clean it at least if you have that much urgency."

Ravi Das smiled and he said, "Pagatji, why you are smiling?"

He said, "If for a quarter of milk, worth quarter, you cannot put in a dirty pot, you want me to priceless Nam give it to you and your mind is not clean and clear."

So he learned his lesson that way.

Similarly duality is a pollution. Anger, duality and insecurity. Insecurity comes from sensory system. Actually when we are young, our blood is warm and happy and circulating and everything is working, we do not work on ourself. We not, not set the lanes, we do not set the values, we do not set the virtues, we do not set anything and then everything starts becoming little colder and there is nothing much one can do. So much mind is off that you always blame everybody except you.

And excuse me, I have seen people highly qualified, virtuous, intelligent but they do such dumb mistakes like our president. It was nothing but a very dumb mistake. There was nothing to it. Who will not like the president? Everybody will. Everybody likes to chase, but he should have thought of it, what cost will be. Now he has to go through this humiliation, he'll be safe all right hopefully but what he has to go through, he has to go through. It comes with a territory.

For you I am a teacher or a person or you love me or I hate you or you hate me, I love you, I don't know, but I tell you today, thirteen years with the insult I have gone through, had I not been what I am, I will have killed you all. Then I am saying on a public record, really. Thank God you do not know my past and I never tried to yours, but way sometime you misbehave with yourself, not with me, you look like to me as you are a consolidated, solidified insane and it means nothing and next day you are again, 'Sat Namji, how are you?' And I say, 'God, these are not people, these are mushrooms, they grow at night and in the morning, they disappear.'

So you don't have an anger, you do not know what [an] anger is actually. You have a self-deceit, you do not love yourself. You are afraid what people will say. You know what made me to come like this? I was going to dress up. I thought when they say, now it is time to dress up, I say, I am not going to dress up today, what do I care, we'll go this way and if tomorrow if I walk in the class naked, don't be surprised.

(Laughter).

Oh well, you have been nakedly nuisance in my presence, I am your teacher, I am the final destination (?) here and hereafter and in my very presence you misbehave and I end up counseling with you, what is nudity? Nudity is when you are all out for nothing. Your life should be your life. Precious. It should be precious to you. It should be so precious that anyone who comes in your circle, in your feeling, touch you, should feel it, this precious life. And precious life is for which there is hardly any price. This living of ours fifty percent off, sixty percent off, thirty percent off, free, pay me when you can, you call it a life? I call it a garbage. She is right, she is wrong, she is right, she is wrong, you call it a life? Nah, it's the ugliest mental state.

I was discussing something today with somebody and he said, "But how come, how come, how come we can agree to anything like that?"

I say, "There are things which are not all in our powers. There are beyond and beyond and yonder and yonder, there are powers."

I learned it from one fly today that fly wanted to die. So she sat and she sat and she sat on my thumb. I moved thumb she won't go, she sat. And Siri Hari took the spanker and spanked my thumb. Then I had to put ice on it.

(Laughter).

But fact is that she wanted to die and she wanted to die over my thumb and my thumb became blue and she kind of disappeared but fact is that she wanted to die.

You choose a place sometime to change the reincarnation. Whether you are a human or you are fly it is the same process. It's not anybody can do anything. You should know about yourself and your surrounding and your environments and your beauty and your preciousness and your grace and you should be very self-contained and content as a living divinity, not an emotional wreck. Living divinity is the only beauty which will make you,

'Nanak Tay Mukh Ujlay Kaytee Chutee Naal.'

You will be bright and beautiful and all account will be settled here, you don't have to go anywhere.

You must count your values and virtues. Value without virtue is self-punishment, it's arrogance. And we are all arrogant. 'I am right, such and such person is wrong.' No. Somebody is right equally, somebody is wrong. If somebody is not wrong, they

cannot be right. Wrong has to exist to have right, right has to exist to have wrong. There are two sides to a coin. And sometime you fall in love. Now you don't know what is love is, you just have sexual flood once a while and you call it love, it's not just too much rains of, what you call that, spermatozoas and egg and your metabolism and heat of the, that, when you are seventy or eighty year old what happens to that big love thing? You both are lying down, you say, "How are you?"

She say, "I am fine, how are you John, you got up what time it is?"

"It is two p.m."

"Oh, I slept, good."

"I wake up to right now."

The same guys who used to jump up at six o'clock in the morning, exercise, you know, (?), have fun, look at girls, look at boys, you know, all that stuff you do. With the age, it start dwindling. And the old age is meant only for pure wisdom. You will be beautiful, you will be loved, you will be respected, there cannot be a problem in your family, there cannot be problem in your neighborhood, you are always going to be worshipped if you are wise and what is wisdom? To remember everything is mutual, everything has two sides to it. And what can save something can also destroy something. **To destroy your negativity, save your positivity you are wise. Be positive.**

'Asees Deyo, Sees Jhukega.'
'Bless somebody and somebody will bow to you.'

That's the relationship. This life is real.

You know this young saint, he is thirty six, thirty seven, I don't know. He is coming with eight, ten people, Sunday, he will be here Saturday night. He is very much likes 3HO. He wants to take all the girls with him to India and to show that he has converted American people to Sikhism. So he is coming to make amends with me. Because our people maybe very naïve but they are, they understand things faster. It is unfortunate Indians do not know that our American Sikhs understand them way better and faster than anybody else can and those who meet Nirinjan, she has a name for everybody. Everybody.

(Laughter).

Swamis, see through dhoti, Swami hairnet, Swami (?), she has named everybody because she is a good chief of staff. She is gone now, now I know how much work she does, but God, she is doing great work there, but I am telling you, there is a feeling among the Indians these American Sikhs are statue of lord Buddha. They don't speak, they don't see, they don't hear, they **just meditate.**(17:51)

(Laughter).

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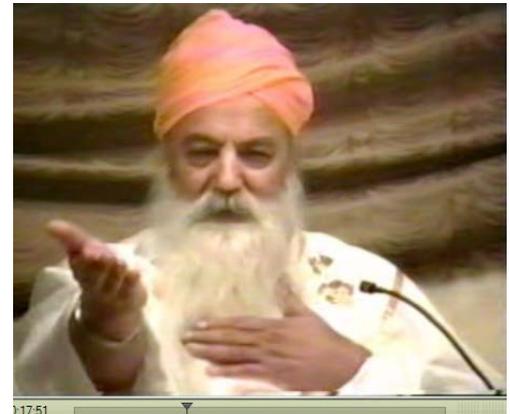
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See?

('On this day...' is played).

(Over the tape): Sing, sing, sing.

Bless me my God with my own blessings, give me dignity within my dignity, give me grace which I understand is mine, make me share and give me a clear outstanding understanding that all there is one and one is all. May the name of Nanak, all blessed one be raised to the occasion and feel pure at heart and humble in their heads so that we can live in infinite peace. Sat Nam.

Students: Sat Nam.

YB: So, hello. You have changed your dress today, you look very fresh, what is the matter? You are looking for something? Okay, go ahead.

Student: I wanted to make an announcement about the annual AIDS walk that's going to be September third, Saturday September third, right? I am sorry, October third. The annual AIDS walk is October third in Santa Fe, and there is the whole Sat Nam Rasayan group that's going to do treatments on people when they finish the walk and we'd like to have a whole group of us go to do the walk and maybe have a banner and really represent Sikh Dharma. Har Nam and I will be coming around on Sunday to collect pledges so that we can give a donation, because the whole idea of the walk is to collect money for AIDS research and the AIDS project that we have here in our area. So anyone that would like to go on the walk, would be really fun if we had a whole group of us go on the walk, if anyone would like to do that, you can contact me or Har Nam and we'll be coming around to collect your pledges even if you don't want to go on the walk. Sat Nam.

YB: In a simple language what she is saying is let us go and walk. Right?

Okay now, today is what day?

Students: Thursday.

YB: Tomorrow I am going to go for my medical checkup, I won't see you and tomorrow is Friday, right?

Student: Yes sir.

YB: And Saturday evening, these Raagis are coming, the special saint type of group and they play with the, those long things, wha they call them? Thorns... No, no, no. You say something for them.

Students: (---).

YB: Nahi they call them Chimtas, it is with that you can catch things, what you call that? English word for it?

[Does he mean TONGS]

Students: (---).

YB: Shakers are, no, no, no, this... It's a, it is two iron strings with lot of chun-chun on it and you play like this.

Students: (---).

Student: I know what you mean, but I don't know what we call it.

YB: Yeah, yeah, yeah, yeah and some people can make it so musical, it's unbelievable. So this group is very special, she has brought my clothes, check with her. There is a very special group and they sing in very ecstasy you will enjoy them. Saturday they are coming, they are not doing anything, Sunday they will sing in the gurdwara and you will be... That's a kind of variety you have to see. The introduction this man who call (?) Sant Darshan Singh is young man and he has a hundred acres land, place called Takki, where he lives and he has horses and elephants and he throws arrow and if somebody can get it, his wishes are complete, something like that. Sometimes I wonder we are going to enter next century, religion is just....

God, these kids are going to me mechanical engineers. Hey you guys, hey, hey, mechanics? Come down, all of you. Come down and sit down. No, no, you are not going to do that. You are not going to go up, I want to tie you with that whole latch. Sit properly, learn how to sit. Can you believe this? That's fundamental problem, nobody wants to sit. Sit down, baby boy, hello. Sit down, sit down calm, quiet, sit down, sit down.

Well, this man is coming and he sometimes walks on an elephant and all those kind of things and it will give you an understanding when there is a man as a guru or man as a saint the difference between that and when you are free and you are free to be you. There is a difference. It's very difficult to say it but he is going to be my guest and he is coming here to impress you. Therefore bear with me. It's the same story.

You know, we cannot go back to fourteenth century and they cannot enter twenty first century, that's the problem. I have understood the problem. Problem is very cautious, you know, we don't initiate anybody, if you are Sikh, you are Sikh by your right, if you are not, God bless you. If you leave angry, fine, then you will never bother us. If you not leave angry, then you will bother us for a while and you will leave. So these kind of experience we go through because this Dharma is for those who have no Karma. Ultimately you reach a status when,

'Na Koi Behri, Nahi Begaan, Sagat Sang Humko Manayi.'

'Neither somebody is my enemy nor somebody is alien to me, I am with everybody.'

That's why, today Mark Baker case was settled by the insurance company and I was asked what is my press report. I said, "Well, it got settled between the family. There is no settlement to it, it is just for the comfort of the family, both sides are our own people, it's not something separate than that." We could have dragged it thirteen more years as we have dragged it for thirteen years. It's not going to come to any understanding. So technically speaking, there was nothing to say to anybody but some people have won some... You know, it's just like cookies. Somebody gets two, three cookies, let's put it this way. He is happy that he got three cookies. But what about pimples which he is going to have tomorrow?

(Laughter).

You know people don't understand. This is what I, people tell me I am no good, I mean, I don't take action, I mean, you are right, your everything is, what you say is right. This is your land, your philosophy, your culture but you are nuts. You know it's, there is always a unknown tomorrow, there is always known today and there is always gone yesterday. So in-between there is nothing. Some actions of yours, some actions of yours make you to give, then you are divine. And some actions of yours make you forgive, then you are God. And excuse me, forgiving is the last thing Americans know. In Europe I have studied everybody they withdraw, they don't forgive. They say they forgive, but they withdraw. Here, you forgive and become double angry.

One of my kids lived with me whole summer, she was so well-behaved. Now they are telling me she is not well-behaved. I got mad that day on the telephone. I say, "Couldn't you be like me?" There is nothing wrong, it is just people do not know how to communicate from heart. When you communicate with anybody, even with me, with the head, God, it hurts. So give and forgive. God will never forget you. We knew there was no case nor it was is and shall be, but thirteen long years, we never moved anywhere. So please understand something, Hari Har Singh, understand what happened to the showers?

Hari Har Singh: Tomorrow.

YB: Which tomorrow? (?). What time tomorrow?

Hari Har Singh: Morning.

YB: You know these pits are not going to be fulfilled, I don't think you, you like them I think. I was told yesterday, tomorrow they will be fulfilled and that tomorrow came and look at the situation there. Now you told me there are other pipes, cyber, cyber?

Hari Har Singh: (----).

YB: Pipes are going through. Wow. Land will communicate. Hey what happened to my water pump, I didn't have water.

Hari Har Singh: (----).

YB: Temporarily. That's no fixing. Temporary love, temporary marriage, temporary food is no good. Things need to be stabilized and permanent, what is it? Next year? Next week.

You see these guys are very funny. They took the ranch water pipe and stick with the state pipes and they are fine. Pump or no pump, who cares, you know, they cover the emergency and they are very happy. I was expecting a big truck this morning and everything changed and done but nothing right. You are all stuck here. God bless 3HO, you need one excuse.

So Monday that pump will start working efficiently? Why after so much time the breakers start breaking? Because of that five thousand gallons thing? Hey Rover, tell the truth.

Student: (----).

YB: What is loaded with what, what?

Student: (---).

YB: It's an old breaker and breaker broke? It looks like an American marriage. Oh my God.

I asked one somebody what a bad accident? She said, "Not my fault."

I said, "What about other person (?)."

"Not other person's fault."

"What happened?"

He say, "The brake failed."

Any fight between man and wife is when brakes do not work on time. There is a brake company which makes brakes which stops the biggest truck in the shortest space. I think you should all go for overall and get those kind of brakes. Then you need no counseling, isn't it?

Life is good with you, simply now you have to move slowly and go home and try to sleep. Do not try to sleep like a fish. Learn from me something. You waste too much time on sleeping. You should go, wash your face, sit down, read your Kirtan Solah or meditate and then touch the pillow and you will be gone and you will get up almost after three hours. If you are a worst sleeper you will not sleep more than three hours, you will be very fresh, young and you will say, "What time it is?" And they are going to say, "You slept eleven o'clock, (?) it's two o'clock." Then you will try to put your head back into the quilt saying it's too early. But it's not. Take one hour long shower, it'll be three o'clock. Meditate for an hour and a half, that's four thirty. Read your Banis, it'll be five thirty. Make some good morning telephone calls, that is seven o'clock, go to home, work or come to Sadhana, etcetera, etcetera, etcetera.

Okay, goodnight, we have (?) so many times, why don't you go now? See what the cookies can do? Goodnight.

Hey you, did she bring my...