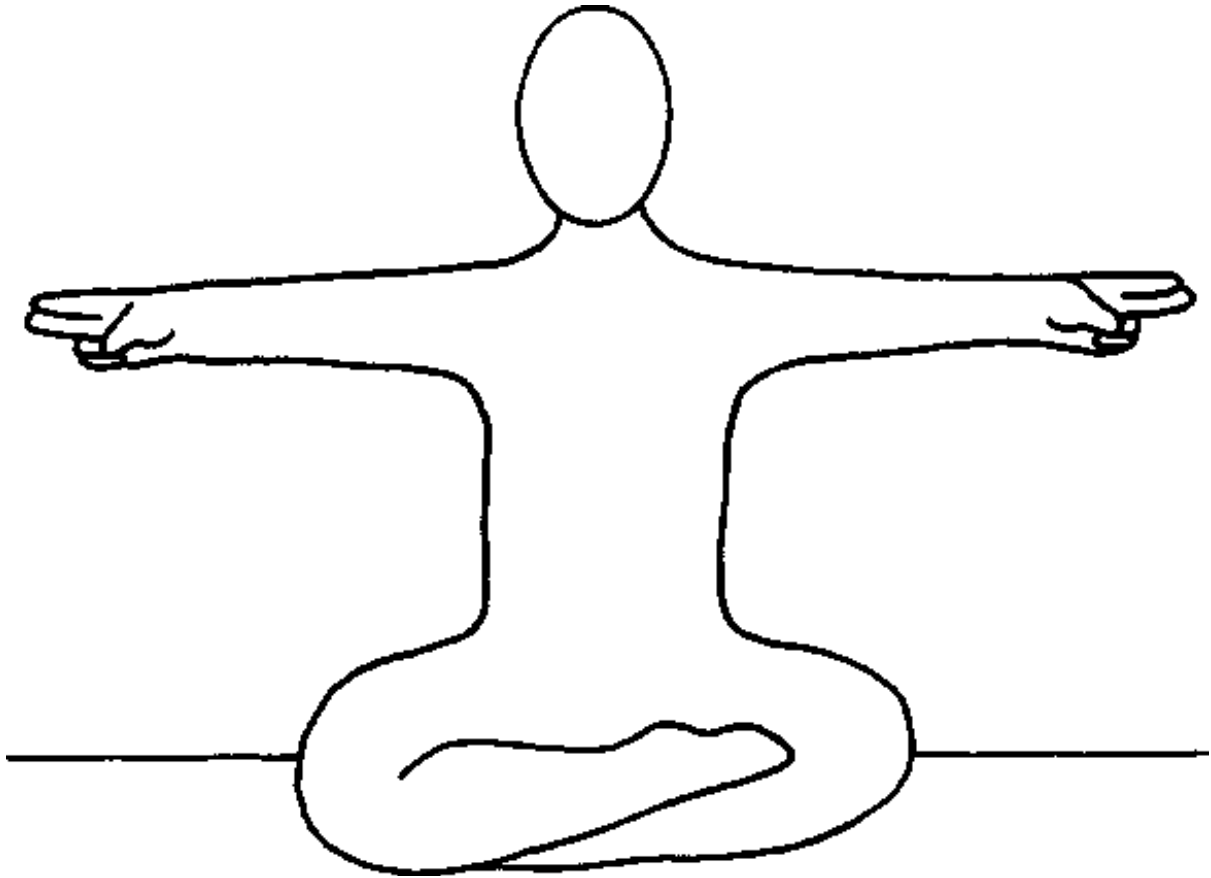


LA942 990309 Releasing Childhood Anger

[http://www.libraryofteachings.com/lecture.xqy?q="Chakra"%20sort:relevance&id=71f33bab-038f-9955-5894-f4c2a2442752&title=Los-Angeles-Lecture](http://www.libraryofteachings.com/lecture.xqy?q=)

DF6E

SUMMARY MEDITATION:



11 Minutes. Sit in easy pose with your arms stretched out straight to the sides. There is no bend in the elbows. Use your thumbs to lock down the Mercury and Sun fingers (pinkie and ring fingers) and extend the Jupiter and Saturn fingers (index and middle fingers). The palms face forward and the fingers point out to the sides.

Inhale deeply by sucking air through your closed teeth and exhale through your nose.

To finish: Inhale deeply, hold the breath for 10 seconds while you stretch your spine up and stretch your arms out to the sides, and exhale. Repeat this sequence two more times.

This meditation will give you some subtle powers. It will change you inside and out. It can be done either in the morning or the evening, but if you do it in the evening, the next morning you will find that your whole caliber and energy is changed.

"Show some respect for your hidden power. Awaken it!"

YB

I am going to find (?). Please sit down. Wow! You are alive. Open these, hello guy. Cookies are outside. Cookies are being served in honor of Gian Singh and Satya Kaur's birthday.

Student: Guru Singh.

YB: It's a good English. Guru Singh. What else we have to do? I don't have a good nose but anyway. Yeah, people send things out of love. God takes care of them, this is a good way. Now what? No, no, open the wooden box. Oh she came to class, wow. You know, I'll settle the issue, don't worry. Too mischievous. Right? There is a box full of money.

Wow Kartar, wonderful.

Okay, now let's finish the class today. So I leave you wiser than what you are and it will be foolish on my part not to do my best.

You get up, you get born and you associate self with the planet earth and the environments and the nature. First training, whether you like it or not is given to you is called potty training. You are told where to shit. Is that true? Anybody can deny it? No, no I am asking questions. Big spirituality is just a bull. It doesn't mean a thing. I am asking you very sincerely listen to me, first training you are given is to potty train. Potty train means you are asked when you have a call of nature, to go to a particular place and do it in, right. And then you clean yourself and you start again, is that true? Why don't you listen to the lesson rest of your life? When you have to have a mental shit, spiritual shit, go in a potty training and get it over with, clean yourself and start again. Is it difficult? Tell me. I am very blessed today.

Why, why on this earth you have forgotten the first lesson? Why you want to talk people? Why you want to consult people? Why you shrink? Go to a shrink, why you go for psychoanalysis? May I ask, why? What is the potty training of the spirituality and mental aspect of you, is your altar. If you don't have a altar, you have no alternative but to be angry, fussy, freaked out, of no value.

'Birtha Apney Ji Ki, Gurpe Ardass Ka.'

Take the essence of your life, your condition, go at your altar and talk to your altar.

You are mad? No. When you talk to your altar then alternative, the divine will talk to you. I am very successful.

There was a person, he went everywhere, you know, forget it. One day he asked me, "Master, touch me."

I said, "What for?"

He said, "Touch me, I will be grateful."

I said, "Give me fifty thousand dollars."

"Why?"

I said, "Why should I touch you? God knows what are you. Everything has a price."

He said, "No, no, you touch me."

So I touched him, I said, "What next?"

He said, "Guide me the way I can get out of this mess. Guide me the way."

I said, "No, whatever you believe make your altar and whenever you are in trouble talk to your altar."

He sometimes calls me, "I talked to your Tantric picture, this is what you said."

And I said, "Oh this sounds very wise."

He said, "I just wanted to confirm once a while."

He has done that tratic. Tratic is a Kriya in human eyes, there are powers with the optical nerves and it is connected to the brain and the centralization of blood atoms and each atom of the blood becomes a huge reflector. So you can see all the universe. And you are made that way. So when the eyes are focussed into the eyes of that painting, you create an immediate cosmos reaction. And your mind becomes into the alter ego and then you listen the universe, infinite universe from being finite. It's total scientific, it has no charisma in it and it is not something, all it needs a discipline. Do you know people who mesmerize, they can hang a person really, it's not a joke, gimmick, they can hang a person with his own weight in the air. Who holds that stuff in the air? Not there is some ring or wire which you cannot see, no, no, no, it's very pure, simple mind over matter. This way you take the Tantric picture and concentrate, after a while you will slowly and gradually reach a status where you can ask questions and you can get an answer. It looks weird but when you become habitual to it, it will save you. Then what happens after that practice, (?) when you come to the second stage then you can be anywhere. And do not have to close the eyes. You will get the answer, it will be your intuition.

Without discipline... What is discipline? Discipline is when you conquer your mind. What is not discipline when your mind conquers you. And that's very simple thing. Technically speaking, today, in this world of ours eighty percent people are not successful and prosperous because of their anger in their self for childhood. You have never practiced to contract with your soul and you have never practiced to hold your mind in your own self. You have never practiced. All you do is beautify the body. How come if body is beautified, your mind is not beautiful, what that will create? If your spirit is not par excellent, what drama that is? That's what I am asking.

In our life we are not born to suffer. I don't care what religion says what, that's your headache. But just talk to me one straightforward thing. How come the perfect God, the Almighty strong and omnipresent, the one God can create an imperfect stuff? And who says we are born in sin? If Adam would not have met the Eve, none of you would have been here. Take any story of the life. Fact is, you are so strongly brainwashed but the fact is, you are part of that existence. This is how it is. There is a sun and there are million sun rays which come and touch the earth. Same way you are part of that light and million rays are you. Do you see that in each other? No. You compete and compare and you are all the time and surfaced out at absolutely that you are a rotten person. You bring on you the negativity. What for? You are born on a longitude and latitude with an attitude. Leave that attitude. Only make yourself excellent. Parents potty trained you. They nurtured you, they nursed you, they fed you, they let you grow. When,

When you have no teeth He provided you milk, when He has given you teeth now He will not give you food?

But there is a constant constructive fear. I can say it authoritatively because when I came here everybody told me, "You will die of hunger, you should learn to drive a car," though in India I could drive anywhere, I said, "I don't know driving. And I will not ask for food." The day I used to diet, I used to eat three times rather two times. Food came.

My own story is wonderful. You know, George Washington's birthday fell on Monday. So the lady in charge of the ashram took the keys with her. And she was so cute, she used to have a lock with the refrigerator. While going she told me, "Yogiji I have left some sandwiches for you, at noon you should eat them."

I said, "Thank you Maa, you go where are you going."

So she drove off. There came a noon time, I looked at the refrigerator, it was locked, I didn't have the keys. I said 'wow,' so I called Mario, Mario was the director. I said, "Mario, there is no food."

He said, "Master, I can go out and see if something is open and I get you food." Mario came after half an hour, forty five minutes, he said, "It's complete closed holiday. So what should we do?"

I said, "Yeah I can tell you what. Give me my shawl, I am going to sleep on this sofa. But damn it, when food comes wake me up, don't start eating yourself."

He said, "Master food will come?"

I said, "Food shall come."

"How can you say that? It's all closed."

I said, "I don't know how it can come but we both are hungry, aren't we?"

He said, "Yes."

I said, "Food will come."

So I turned around and put my shawl over and started sleeping and I actually slept. There was bells you know, this buffalo bells on the gate. So they rang very heavily I said, "Mario what it is?"

He said, "Food."

I said, "Okay let's eat it. Who has brought it?"

So we had a yoga student, he forgets to purchase Friday anything. Saturday, Sunday was anyway, whatever it was he ate. It comes to Monday he was hungry too. So he went to this Mexican people who had a restaurant, told them he is hungry, if he can be fed. So they entertain him in the family and food was very nice, he ate. Then he told them, "I have a teacher, he likes this kind of food. Can I get one piece to go?" He said, "No for three people."

They said, "Why, does he eat so much?"

He said, "No whenever he eats there are always some people there to eat. So I will take that away."

So he brought that hot beautiful soup and potatoes and this and that (?) very funny. Then come and laid it on the table.

Mario ate, in the end I said, "Mario, you should pray."

He said, "For this I am not going to pray, if God can send me food without prayer, I can eat it without prayer too."

I said, "You are getting very nasty and haughty."

He said, "That's not true. I have seen a miracle."

I said, "No Mario, God has promised everybody that they shall be wise. God has promised everybody they will have intuition. God has promised them that they will have a great character and great grace, provided they stimulate their frontal lobe and their upper palate."

This whole spiritual practice is based on that. So you can be excellent, powerful and plus. I don't mind when you do certain things wrongs. These are your emotional miscalculations. You want in this emotional relationship that it should be forever. It cannot be. All emotional relationship whether they are good or not, sanctioned by society or not, social or not, doesn't matter. What happens in this relationship, that you drag yourself too thin and too far.

When you are dating somebody, let's put it this way. You only tell your plus side. Never minus side. I mean, how marvelous, great truthful you are. And when you start living together this minus side starts showing up, it is just a dandelion in a lawn you know, those yellow flowers. And the other person says, "Who I married, who is she?" And she say, "Who the hell is he, I didn't see it right. I am getting awakened."

That crude awakening is with everybody's part of life. This can only go away if you awaken to yourself. Let somebody love you but if one can afford. Remember, love is everything than food, it's not a spaghetti. Love is a very complicated commitment. Those who prefer love over their life and word over their honor they are divine and have effect. They don't need a thing. You have to understand in life what you say, you have said it. It has become akashic record. You live it. And God will be with you, all the way.

But here, it's very funny. People get angry, break up the new tea set and plates. What poor plates have done to you? What is the idea? And somebody who slept last night, kissed and hugged and said, "I love you very much," next day you are abusive and throwing plates? Doesn't fit in. These commotions which are there with you, from the inner self of the anger, is just like a volcano. Sixty eight point two percent survey says people have damaged themselves because of their inner anger. It's quite accurate and they took hundred thousands people in this survey. Because when you are angry neither you can see nor you can hear and most people cannot even speak. You think when you yell and scream and cry you are talking something, no, you are just animal and bringing out your animal nature out. Trying to scare our circumstances. Because you are scared.

That's why, we in Kundalini Yoga believe, if man is calmed down through food, through exercise, through living, through faith, in a reasonable way, every man shall be prosperous, bountiful, beautiful. They are all like cucumber. Put some salt on cucumber and eat it. It won't hurt. Like white daikon radish for liver. Peel it properly, cut it and eat it with your food. Not going to hurt. Take for example ginger, take one ounce of ginger, one ounce of lemon juice, put it together, in. Pomegranate juice, you keep your arteries open. I learnt it after suffering bypass. Pear juice, you will have no external growth and internal growth, it will be all taken care of. Little things God and nature made.

Somebody said, I asked somebody, I said, "Do you know how many things are which are produced by God?"
He said, "Uncountable."

God did that for one reason only. Man can survive.

Now many of you might be going with me in India, bet with me, if you do not take raw onions here two weeks earlier you will have Delhi belly. And you will be in the emergency. Nothing can stop it.

There are things in the food which your body needs as a protection. But don't do over too much. I know a person, he eats garlic like he is eating grapes. That's not right. Just few... He is so garlic freak. And he was that day showing off, "I can eat the whole two bulbs, just chew them." I said, "Wow." I said, "So is the goat. Big deal, what is wrong in it."

So technically speaking, our life is based on totally one thing. Ourselves. We have to have a relationship with our self. We have to study our self. We have to... What is this, 'he is my teacher,' what difference it makes you have teacher or no teacher? You are not teaching yourself and you are not learning where to go in potty, you are not learning life at all. You can make tons of money and you can have lot of power.

Look at president Clinton. He forgot where to go potty. That's true. So he went astray. Right. Look how much it has cost us. We have suffered so many months and everything drama went but his potty didn't smell, so he got out of it. But he will remember and so every coming president will remember. The only person who benefited in his wrong potty training, is Monica. She end up with couple million dollars and wonderful book and now she is VVIP. But the society today permits it. You can sleep with anybody, it doesn't matter. You can steal anybody's purse, nobody cares, 'oh I by mistake I took your purse.' Can you take a purse with this much money, this fat purse by mistake? No. People don't care.

There is a hunger in all of us to be loved. We are very hungry. We even do not know. We are so hungry that we even flirt with our teachers. We are so hungry we want somebody to love us. Somebody. And normal language, 'oh I see you in my dreams, oh I just met you at the gate, I thought you are my soul mate.' I mean, I am not going to discuss that, (?) if I discuss you will laugh to death. There is a very beautiful script written. And every girl says, 'aah, I found my man.' Already you have suffered with sixteen before what the hell this seventeenth for? If somebody says 'I love you,' burn a big fire, tell him "Sit in it. If you are roasted then I know you love me, if not forget, if fire doesn't roast you, then you are real, otherwise what is the idea." Tell me you all put in your mind that thought. How many people have lied to you? How many men have lied every woman? And how many women have lied to men? And how you think it's such a foolish thing in the kingdom of God that you can lie and lie and build on lies the whole relationship and it's going to last? No. It won't.

You need unisonness and unification of self and you have to understand it is your soul, your mind and your body on which you are neither a body, mind or soul. That's a Piscean teaching. This teaching is, neither you have mind, body and soul you are the head of it. And you need energy, you need to open your Chakra, you have to come out with self so that you can live a wonderful life. You don't need, have to propagate that you are wonderful. There is no need, damn need for it. Everybody knows you are wonderful. You emit the psyche which affects other psyche and bring them calm, (?) character. And if you are really in love with somebody, torture them to death, when they are wrong. And if you want to curse somebody, give them all love and gifts and let them sink. These are called the vengeance of the nature. You must understand when nature wants to destroy a country they give them abundance. So everybody becomes lazy in two, three years. And after that there comes famines. Look at the history.

So technically speaking every night... I am sorry I have to leave tomorrow or day after, whatever that is. I have to go to India because there is a situation which will come in our life only once and we want to honor that. And I am grateful to those who are accompanying and we will be there having a fun. Pure meditation and pure self purification. That's what our main program is. Plus on side we will enjoy hospitality and we will have a fun. I should have come here for a month or so and would have taught, say eight or ten classes with you so that you may understand how to control your split thought, split personality and your split projection. Instead of ruining everything for which you stand so bold and walk so tall. And my voice is all right? I didn't do anything, I got so tired of it, I say 'hell with it. If God doesn't want me to speak so be it,' next day I was all right, I don't know what happened overnight. One who created you can be caring for you. That's the relationship I want you to have. **Within you is the great power** and now we are going to do something very funny, come on, hurry up, get ready.

Lock these two fingers and put them at a very proper angle; it's not going to hurt at all, tonight it's very light. Oh no, no. And watch this. Within the teeth, within the teeth, no, no, no not with tongue. With nose out. Put that on (?). Suck the air through teeth.

No bend in elbows.

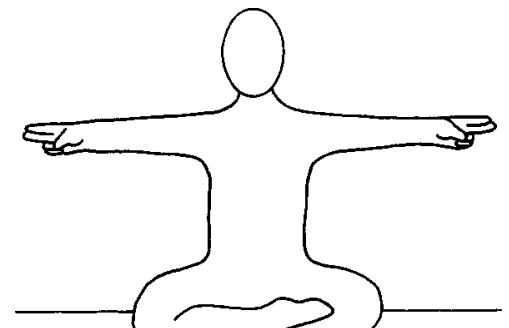
Keep up. Concentrate, breathe through your teeth. Show some respect for your hidden power. Awaken it. What it matter, it hurts it hurts.

So far today God, I have done all right, I haven't gossiped, haven't lost my temper, haven't been greedy, gloomy, nasty, selfish or overindulgent. But in a few minutes God, I am going to get out of bed and from then on I am probably going to need a lot more help, Amen. Dear lord...

Come on keep your hands.

Well, these will be read. Somebody, Guru Singh and Satya Kaur's birthday good. We will have cookies to celebrate that. Oh Guru Singh is today fifty. This kid has grown so fast. He is fifty four year old, wow.

You cheat yourself, it's not good. Keep your hands the way they are. Stretch them for a minute and a half and I will let you go. Honest. And breathe through the teeth. Magnify your prana. Come on, come on, it's just coming



to an end. Inhale deep. Breathe deep through the teeth, exhale. Breathe again please tight and stretch your body, height and width, both. Tight. Breathe out. Breathe in again and stretch every part of you. Balance the energy quite beautifully. Relax.

You should do this every evening. It will change you inside out, I promise you. It will give you some subtle powers that each day when you get up next morning, you will find you are changed.

Student: (----).

YB: That's morning, evening both. But originally that is for morning. This you can do anytime but if you do it evening then next day you will find your whole caliber and energy is changed.

I love you and I am going and I need your prayers for returning back, if possible, that is just I am lying so that you can feel satisfied. You know what I mean? But if I go home I go home. Long seventy years is enough to live. But however keep on improving yourself, that's the only way life can be useful to you, if you understand your life each day is ready for a further excellence, little by little by little. And don't forget potty training which your mother taught you and potty training of your mental self what nature taughts you or teaches you everyday and potty training of the spirit, which heavens teach you, are essential trainings. You don't have to be in anyway rebel about. Contain yourself and drop your prayers, your anger, your everything at your altar. Those who have not established altar for themself, have no alternative but to suffer.

I think Siri Ved is going to put a tape, we are going to sing with it as loud as we can and send greetings who are going to give us cookies, right. Nothing serious, you are all....

(The tape 'On this day the lord....' is played in the class)

Side B

The tape continues....

You have direct relationship with God and it's very simple thought; if you remember it there is nothing to worry, don't let down yourself, don't let down any other person and do not participate in a letdown. For compensation of that, God heavenly father and mother earth nature will never let you down. It's a very beautiful business contract you have to learn to do this everyday. I have seen people who have practiced this. Their whole life has changed, they are bountiful, beautiful and in bliss. It's a simple homework you should always do, thank you very much and goodnight and lot of cookies and have fun. Now somebody has to read poems and somebody has to read jokes. Come on, read your poem. It's very good, it's sad but it's good, they need it. What's that, tofu?

Student: (----)

YB: Bless you. Come on take this, sit down, turn this to you.

Student: These are two poems by a woman named Pamela Camp.

The first one is called, "Loss of Raymond."

Loss is an empty space, a space where nothing is and yet should be.

Loss is an empty hole that's black and deep, never stays still.

It's like black Jell-O in a bowl, a deep black bowl (?) never still bow that shivers and shakes inside and out.

It makes you tremble as you walk, it makes you giddy with every thought.

You know you have to fill it up but with what?

You try not to think and not to cry

And you constantly wonder why, oh why.

And you look into this void and there is nothing, just nothing.

You could become this empty space in order to fill it up, but in you go and down you go trembling like a Jell-O.

I cannot see Him and I am cannot feel Him inside that empty space for He is gone.

The life He put there, the life I put there is scattered far beyond

The love, the life, it's magnificent presence is gone

He left us with enormous speed, he scattered far and wide, the universe is mighty big and any man can hide.

I looked to see where is He now, where is the man I loved.

I doubt his presence everywhere and yet He is above

This mighty love, this life so big is what is missing here

Reach out and touch and hold it still and He is very near

Caress the flowers, the trees, the earth and feel the power of Him

For He is one with the universe and you are part of Him.

Let Him in, He never left, let Him hold you still, let Him fill that awful void for you are one with Him

Feel His laughter, feel His fear, touch His mighty soul. He is living right inside of you and that's what makes you hold.

Feel, touch, look and see and never doubt His voice.

Hear it when you want to, you always have that choice.

He is there for you to listen to, He gives you His advice.

He has broader a picture now and that is very nice.

So be at peace, feel safe and say, 'good morning sun, good morning ray.'

The other one is called, "Life ever after."

I never thought that he would die nor did anyone else

For He was all that one could be He truly was himself.

That then one night He left us all, He scattered far and wide

His being returned to the universe, His body a just side

I looked up to the sky next day, I saw expansive blue

And then I heard my darling say I am here, I am here for you.
Reach out and touch me, be with me, be part of all you see
For life is never ending and I am truly free.

I touch him when I want to I often hear his voice
Now I am one with the universe rejoice, rejoice, rejoice.

YB: Wow very good, why don't you clap?

(Applause)

YB: I saw a greatest movie today after many, many months. Some damn analysis (?). Oh God we laughed, we laughed, we didn't hear something and we laughed. Everybody was laughing. So we laughed hour and half.

Student: Boris Yeltsin, Bill Clinton and Bill Gates were invited to dinner with God. During the meal God told them, "I invited you to dinner because I needed three important people to send my message out to all people. Tomorrow I will destroy the earth."

The next day Yeltsin immediately called together his cabinet and told them, "I have two really bad announcements to make. First God really does exist and second, tomorrow He will destroy the earth."

Clinton called an emergency session of congress and told them, "I have good news and bad news. The good news is that God does exist and the bad news is that He will destroy earth tomorrow."

Bill Gates went back to Microsoft headquarters and told his people, "I have two fantastic announcements. First I am one of the three most important people on earth and second the Y2K problem has been solved."

Sat Nam, touched by an angel.

A fellow arrived at the Pearly gate and was waiting to be admitted. Saint Peter checked his computer to see if the fellow's name was there. After several minutes St. Peter said, "I am sorry, I don't see your name on the list. I get downloaded every ten minutes you have to wait. But while we are waiting tell me about a really good deed that you did in your life."

The fellow thought for a moment and said, "Mhhhhh, well there was one time when I was driving down the road and I saw a giant group of biker gang members harassing this poor girl. Infuriated I got out of my car, grabbed my tire iron out of the trunk and walked up to the leader of the gang. He told me to get lost or I would be next. So I ripped the chain from his nose and hit him over the head with the tire iron. Then I turned to the other bikers and said, go home before I really teach you a lesson in pain."

Impressed, Saint Peter said, "Wow! When did this happen?"

The fellow replied, "About three minutes ago."

YB: What there are some more?

Well, with best of cookies we have to pack, we have to go. Oh by the way, if there is any emergency worthless or worthwhile, you can get from her my telephone number and today the world is just phone and fax. Phone and hello. So please don't live in a mess, let me know. If I can be of any service, Kiran, you have my number (?) pleased to know this is Johnny Rivers.

(Applause)

YB: When I came from India this is the man who started 3HO foundation. He is as much associated with all this as he is today. And he is a very good singer and I am asking Guru Singh, he is not supposed to be here without a guitar. But where is the guitar? But I wanted him to sing for you so that you may remember those days. These guys are very powerful, this is not a joke which I am telling you, these guys John (?) and he and all some people, they changed the entire face of America. America those three suits and ties and bows and hundred fifty bands, you know, (?) is all vanished. These guys took a simple guitar and made rhymes of nature and man's heart voice loud into music. For their sacrifices we have survived Vietnam. Otherwise God knows how many years we would have been kept bombarding. But today whatever change you see, there was a one man who stood like a pillar and outstandingly that is right here as our guest. So with all circumstances, I don't think we are getting a guitar, is that true? It's all Guru Singh's fault. After I am gone just chase him out. So thank you for coming, thank you giving people 3HO foundation.

(Applause)

YB: And thank you for learning to be at the time when once was a (?). He has a beautiful house on the top of the mountain at Big Sur. (?). And if you are just going from here by road to San Francisco, get him on the way. He has no hilarious dogs and nothing doing. He lives here and loves here. So my circumstantial evidence if does not prove anything further than that, we have one man star who stood strong with the youth movement of United States and carried through songs and music and concerts. He must be doing all that, even today. But he did that with a passion and strength. And his songs were very inspiring and he carried the day. So I am very pleased that somehow he dropped in and I think it is very early for him in the evening. Got it, guitar now?

Student: It's coming sir.

YB: Which way (?) it is going to come on a donkey or a elephant?

Student: How many of you were here when we started in sixty nine?

YB: Oh yeah, you can check.

Student: Remember where it was?

Students: (---).

Student: (---).

YB: Very correct.

Yeah all these big people will come, pick up the furniture, make the space and (?) has a note. 'If you break, you buy it. If you not...'

(Applause)

Student: (?) those first times and those first classes that Yogiji taught. People asked him different questions, they asked him to talk about love and about life and about marriage and finally they got to the part about sex, and the whole room got really quiet and everybody kind of perked up and Yogiji was really still for a long time and then he said, "Here is the secret about sex. When you are hot, you are hot and when you are not, you are not." And then we went on (?) kept breathing.

(The student sings in the class...)

YB: Just imagine a meadow filled with thousands of people. And for hours they just (?) like that which you have forgotten, I am not worried about that. But that's what we used to do. And everybody went into ecstasy. And for days together you tell them "What's your name?" (?) say "God." I remember one of the concert where he was playing, it was so beautiful and meditative, it brought hope to life, that people can handle themselves and can grow. Thank you Johnny for coming, it is a good day and keep coming to the class in my absence so that you can sing to these guys and bring them to a atmosphere which used to be very precious and nice for us.

Good night, thank you very much, God bless.

(Applause)

YB: You come sometime...