

.... Now what is this?

Student: (---).

YB: Fresh fruit will be served as an offering and prayer for the healing of Hari Nam father David , that is one. These books are now available at yoga west. This is a book which I wrote while going to breakfast, everyday I'll walk to guest house and things, and draw things, finally it became a book. This is your handbook, sometime in two lines it can tell you more than you can understand, so in the name of the cosmos it's very funny and it has a horoscope it has zodiacs when you are born, well this is very funny book I keep it myself. Now they are printed that's okay, there is a miracle of healing hands, I think we are going to change the entire drama of healing, we are... the problem between you and us is that you want something as a habit, very commercial, we don't believe in it, we believe as the time will grow, people will grow, need will grow, people will come, there is no desire to, to push things, that's why we all are earning members, we do our job, and then we teach and that's all it is, so my point to be here today and tomorrow was, I have not come here in this summer and I don't intend to come here in the summer, but it was such a necessity, so I thought if it is that essential why not to be here and give you some bad times so that you may not forgotten absolutely who am I, so just to remind you.

We are tonight acting on a projective behind side of the man. You also for know which is totally and damn wrong that everything you see front wise that is not true.

If your sensory system in the back which is as intact as the front can take charge of things you can be saved from many danger and unhappy consequences. All these things people don't want to discuss, they, they can give you hope, oh you will be great, you will be marvelous, you will be wonderful; if you do this therapy you will be this, you do that therapy you will be this. I tell you, you will be nothing, until you do not practice and experience and it becomes you, you can do anything you want, you will remain the same you as you are today, tomorrow, or one year from now. Lot of people have problem with this kind of teachings and lot of people have lot of drama about it, because I have found out all the emotions, feelings, fantasies, emotions, feelings, fantasies, desires which we have as much energy is taken to process them, we can go to the moon and come back physically. **We consume our maximum self, so anyway I am not going to subject too long and talk because you must can read in a book, that is fine, but I am going to put you through what is called internal effectiveness. A meditation through which you will survive and you will become later on better but you will curse me the middle of it, is okay, but that's the way it is.**

5,06 So **put your left hand and the back of your spine, find out your spine first.**

Could you just put it here rather than there, I know he wants a camera picture of mine. I he has not taken so far, yep good I don't want to yell.

1°kriya 11 minutes: On your back please put your left hand and on your back put your right hand and your right hand on your this left shoulder.

Now watch your posture. It's absolutely tranquil posture, try to feel aggressive, you can't, yeah, try it. Instead of fighting with your husband, brother, mother, relatives if you just put this posture fight will be over, you follow what I mean, that is how the physical body can act, how fast the electromagnetic field can act,

how your horizon in the brain can change, how your thinking can capture a war into no war, I don't think there is anybody who doesn't fight, everybody fights and **you get irritated** and you fight and you start calling names and you start saying no it is wrong, you are wrong, I am right, we are this, we are that, this is the normal procedure, but why? Because you have been short-circuited. There is no balance of your energy, nervous system are short and you end up creating a war.

Now close your eyes very calmly and please breathe long deep.

Hey, you took away that cosmos that book, it disappeared good. I want to keep my copy. Somebody has written beautiful. Wow, somebody has made Yogiji with flowers, she, oh that flower girl of mine, oh I know. Chinese signs the red Chinese sign make it authentic, oh I know, I know.



right hand

left hand

Just do nothing, close your whole thing, **keep your hand on the spine, on the shoulder, and breathe long, deep. And let the body change itself, let the body give you all the channels which are clogged up, that is the purpose of this Kriya.**

If you breathe long and deep you will gain what you can gain your health by going to a special place for a month. Breathe in long, hold it long, let it go, that's all you have to do. Keep your eyes closed because that give you conformity. Keep your hand in the back at one place and if it heats up that doesn't make any difference it's not some supernatural phenomena, it can happen or it becomes irritated, doesn't want to be there, that hand will have different feelings of the body. Try to go in your solitude than your feelings.

You know progress and success in life come from personal discipline. Personal discipline of money, personal discipline of manners, personal discipline of your manifestation, thoughts, these all virtues, but if physical, personal discipline is weak, mental will be weaker and spiritual will be dormant.

Now **breathe as deep you can, hold as long you can, and breathe out as best you can, do it voluntarily without any rhythm.**

Yeah, I can come for two days and teach that's all, when I am leaving?

Student: (---).

YB: What Sunday?

Student: (---).

YB: , let them go out if they want to come to my class, why should I hesitate, let the whole LA go out.

Student: (---).

YB: I am not here just for....., now Wednesday, and Thursday, and Friday, and Saturday, and Sunday. We'll decide it, we will teach two days but I'll decide the days.

Steady, don't move your body this, there are certain things will happen, you like to move your body, you feel irritated, the hand on the back will lie to go away, pain will start happening, old pain, it's so old when you were born if there was a injury at that time that will show up.

Breathe long and deep and see what you can do. mamamia don't make faces. Contact with your base and don't make your grim face for nothing, it's just all right, concentrate on breath, that's the maximum you can do. Go in a prayer for mood, relate to the universe.



2° kriya 11 minutes: AND NOW PLEASE CHANGE YOUR HAND, and now you can stretch straight up little bit, you will, you have gained that, stretch up little bit and sit very chest out, chin in, breathe long and deep, what you **can do in next eleven minutes you cannot do in eleven years, it is up to you. I can only be a medium, I cannot be ultimate end, end depends on you and you alone.**

Do you have a tape yesterday of those people who came?

Student: (---).

YB: ,

Remember your chest has to be out, chin in and you have to straight all with the stretch of the spine and so that the energy can exchange and serum in the spinal column may just

go up and down.

It is very virtuous. I mean you have, if you know the knowledge then you have the rightful way of just being healthy. Just spend little time and equalize your energy and give your body a chance, it shall recover and heal.

It's not taking two hundred fifty pounds of weight and Stairmaster and this master, and that master, just a solid long, deep self breath, it is called conscious breathing. Purify your mind on the posture which is irritating.

You have couple of minutes more therefore you try your breath really very, very consciously. You can get rid of your back pain to a great extent if you keep your spine very straight.

Stretch your spine, you can cough, there is no ban on it, body will move, go ahead.

Concentrate, keep your eye closed, keep your spine straight, and keep your breath as long, deep you can.

You didn't bring your guitar, you better come here straight.

Try, try, try. **3° kriya 3 minutes: Now please inhale and open your eyes and look at the straight level and put your hands like this as your are praying to Almighty God. Chin up, face up, and breathe the same way you have been breathing. Just**



feel in the sky or under this roof there are lot of souls and lot of angels. You are not the only one here, simply you have opaque body and they don't, that is the only difference. There are more UFOs of the human running around than you. Bless the heavens. Just believe you are a God and you are instrument of God and you are a part of God, and you are total of God and you are doing prayer to the heavens to bless them, purify them. Stretch your imagination and feel you are sending the vibrations to heavens and heavens are coming down to heal you and you take long, deep breath. If the hand and body trickles means you are not drinking of water. **Your nervous system is dried up, your kidneys are under pressure.**



7 minutes: Put your hand on the heart, left under right over. Put that prosperity, money making mantra.

3 minutes: Now put your hands in the lap, left under right over and sit straight and breathe deep.

37 Can you sing Har, Har, Har, Har Gobinday, use four times, Har, Har, Har Har Gobinday, that is on the tape but he has no tape, he is a bad

businessman, he doesn't want to care, I need one more excuse to let him go, sing. Har, Har, Har, Har Gobinday, eight words there, , try, try, try. Everybody was not born as singer, tried, come on.



3 minutes: Singing "Har, Har, Har, Har Gobinday..."

YB: Very good. You may not understand the sound of these word but Creator does. , Now what you are chanting without your knowing what you are saying many of you may know the physical meaning of it but doesn't mean, it is a permutation and combination between tongue and the upper palate and you chant forty times the sound current with which your tip of the tongue touches the upper palate, upper palate and then it stimulates the thalamus and hypothalamus, that is the story of it, but scientific part of it is when you have no prosperity in sight, this shall bring you prosperity whether God wants it or not.

What mantras are? It's a mental vibration which God understands, men don't, people don't. People are extremely limited in many views but through the time the sages and saints and padres and your rabbis and all those people who, who are not just employees, but who are just practicing reality and wanted the ecstasy, they found out that certain sounds are such they can bring a man and God absolutely in unisonness.

Now this mantra which is Gobinday, Mukunday Udharay, Aparay, Hariyam, Kariyam, Nirnamay, Akamay, they are eight words, we add four Har, Har, before every syllabus, so we made it forty strike mantra that's what they call forty strike and that means when we chant it, it completes the circle of the circuit of the planet earth, so mother earth comes kind and nice and give us prosperity one way or the other, there are lot to be based to be prosperous;, one is you get a chance, second you somebody come in your life which can takeaway your pain, third is that your lottery comes out, you call lucky, fourth is you got into car accident then you never die but you get all the money you need, so there are worst ways than good ways to get money.

(Student: Laughter.)

YB: Somebody got divorced and she got lot of money and she was calling me that day, "I want to commit suicide."

I said, "Why?"

She said, "Money, money, money, but I had a most beautiful wonderful loving husband and I divorced him for this money, I don't want the money I want to commit suicide."

I said, "Don't, but if you want to commit suicide go to his house and jump out of his window, at least he should know you recognized you love him."

So anyway..., we are, I am going to go back and talk it over and see, but you know there are lot of crazy worldly powers which you must have. One woman come in your life you become bright and beautiful, one woman comes in your life you become most stinky, stinking miserable. One man come in your life you think you are in the heavens, otherwise man comes you think you are in the sewage plant, cleaning it out, so it depends upon who met you where and why and why you met and where and what, it is geography.

Somewhere you have mountains and somewhere you have lakes. God knows how deep you can go and God knows how high you can go, it depends. But the problem which I am facing now is that there are sixteen years that you have to cross into Age of Aquarius, sixteen years, within those sixteen years what hell we are hearing to see we don't want, we are fighting up, it's no more now teaching a class. That drama is over. It is just pushing people into certain self meditative hypnosis so when the calamity hits them they may not hit the walls, that's all. And it's no drama now to make somebody a Sikh or no Sikh or make somebody a Muslim or no Muslim, or making somebody a Christian or no Christian, or giving you a speech from the palate, I don't think anything, all is there that if you have a little experience that when happens to you, you happens to it, that's what it's all about, it is not how many students have got, and how great I am, and how terrible I am, how miserable I am and doesn't make, you have abused me last twenty years, few more years won't bother. Yeah it is same thing. At least you remember me one way or the other, you know, that is not the point, point is there are twenty-one years of cusp in one age to another age, so ninety-one to ninety-seven five years have gone, sixteen more, you will realize things which you have not ever realized and you will see things which you have never seen. And you can say it cannot happen to me, but it will. It happen nobody but you.

So you need some tools to cross this period, that's why I came today and there was a note will I like to come other two days and then I was told also which is very commercial, then Friday you don't want to here in the town, but who wants to teach. And if you want to go....

Side-

B

Two students I'll teach. I am not here you know what I mean, that area of mine rather I was having a beautiful house built there and somebody asked, "What do you want to do with it?"

I said, "I never had a house."

I have lived without house twenty-eight years, first I lived fifteen years in Ashram, and you know my room there, it is 6/8 and I am six foot two inch tall, it has a one big bed and that's all it was and I was very happy, I have no problem.

"So what we do this house?"

I said, "Well some people..., maybe, I am not sure, maybe in somebody has a guts to come and learn, maybe, maybe, because I know I owe this to my teacher, I was one of the maybes and I went there. And mind you went when I went there I had all the wealth, all the comforts, everything, but I had the more longing for learning than enjoying and that turned my life upside down, so I thought maybe."

Who, I don't know it's not worth it, but after all we have to create very powerful people to face this change of Age of Aquarius, we call it new order or new age. It is not about people anymore, it is not about knowledge anymore, it is about survival. Can we cross this barrier of sound current with our sound current, that's all will match up to. And you know don't worry about how many people can come, when you know wind blows in the desert with a sand people find immediately where to hide, people are wonderful people, even when north pole melted Noah found all tools and made a big, God spoke to him he said, "Make a big Ark."

And when forty-two years there was not a drop of rain on this they found out the water, they walked away allover. Many died, but this is a cosmic change, this is a change, we have reached the information age, you don't understand me when I say we have reached the information, we don't need knowledge, knowledge we can get it from computer, all we need is strength of our nerves that we are together. Our unisonness is what we need. Knowledge, who cares for knowledge, tell a computer write a love letter, send it to everybody, get the data of this, do the whole and the computer will do it for you. Four mega billion unit information will be at the tip of your hand on your two fingers, what you need knowledge for. All right read the bible to me, read Mathew, it will start doing it. At the same time divide your computer four line one is pornographic, other is bible, third is rabbi, four somebody is exercising, all right they divide into four sections and see it. Everything will be on the tip of your finger, will you survive, answer is no, you won't.

So this sound barrier of information which computer has brought to you and ultimately your cars are going to be driven by computer, your signal are going to, if you do drive, your banks are going to be by your computer, your laundry will be done by your computer, you come home you will receive by computer, it kick you out in the morning, what way you will be doing, it's very, very hello, and everybody knows that six watt battery is not good for brain and everybody knows the battery watch is not for hand, everybody knows. No, you don't care, you put it off.

It is amazing there was a pregnant girl and she was talking on a telephone and I saw at the aura, and moment she finished her, I said, "From today onwards if you put the telephone right near the ear matter finish, I'll pull very telephone line, just put it on a speaker and speak from distance."

It's not a woman, it is a child inside, it is an electromagnetic field and is a terrible shock. When God made the ladies pregnant and children grew at that time He never thought of computers, He was thinking at that time it is a natural process, earth and heavens will join together in a unit called human with consciousness and light.

So that's what, we will be joining you tomorrow 8 o'clock and then Wednesday, I am sorry I can't stay because from last three days I am trying to breathe and this humid air it is impossible, it is not good for me. I love Los Angeles and I love you, I mean don't misunderstand me, but I have to runaway, there is nothing I can do, I can't breathe. I went to Malivakki I certified it, Malivakki people are so powerful and strong, they live without the breath of life. How many, how many you know Malivakki? Oh nobody can..., we have to use a cold towel to breathe. Air was so humid and hot it totally blew my mind and somebody told me, "Why don't you go in summer and live in Texas, you will know about it."

I said, "No, I am not that upset yet."

(Student: Laughter.)

YB: I used to go to Houston to teach with all the fans we used to sweat. I think that reduces weight, why the Americans don't go to in summer in Tucson or Texas, to let all the fat go, you will melt, hundred eighty degree I went to Tucson I have never forgotten it, but on the other hand if you go to Eugene, Oregon, three hundred and twenty days you have nothing but rain. So it is a very pleasant country.

(Student: Laughter.)

YB: It's funny, it is very funny. I don't want to make a joke of it, but it is very funny. Thank God we live in a very dry, very, very dry and clean air climate and sometime in life breath of life is better than all the vegetables you eat and all the vitamins you take. So we are very fortunate that we try to attract your whole summer to come and be with us and that is, that is the way we bait you. Come to summer solstice, come to prayer peace prayer day, otherwise you will never go to Santa Fe, right, few of you. But you were very well there it was very happy to see you all there in a very maximum number, but remember we are going to live in tents doesn't matter what, I know your discomfort.

Now she is going to sing a song, very pleasant song. Yeah, you are okay.

(Student: Singing a song "On this day...")

YB: The Creator who created you in conscious with caliber, with intelligence who gave you the path and distance of life and destiny, who created you in His own image, may today bless you and your sentiments, your feelings, and your so that you can totally shine as a human being and the angel in you increases to the infinity. So whenever your journey comes to an end you merge back at your own home with grace, tranquility, and brightness. May the God power within you always protect you and guide you. May the mother earth give you prosperity and heavenly father always be caring and blessing you throughout your life. May you all will learn to remember you on the earth under the heavens are into the guidance of the spirit and may spirit embrace you to one graceful thing you are who you are and may you complete your journey with utmost joy and blessings, Sat Nam.

Student: Sat Nam.

YB: Very good, you came timely. Oh your turban is off, he is not in town, or he is. I thought you are in..., can you show this.

Student: (---).

YB: Show it to people.

Student: (---).

YB: Hey, show this picture.

Student: Sat Nam, I am...,

YB: Oh, those . Come on and what this you have made?

Student: (---).