

LA097 790327 YONI KRIYA

Sit in easy pose with a straight spine.

Relax the arms down with the elbows bent. Draw the forearms up and in toward each other until the hands meet in front of the chest at the level of the heart. Press the thumbs and little fingers of the opposite hands together. The other fingers remain separated. Point the fingers out in front of the body.

Sit with the legs crossed or in a chair with the weight of both feet equally distributed on the ground.

Deeply inhale through the nose and completely exhale through the mouth. Then deeply inhale through the mouth and completely exhale through the nose. Continue this cycle of breathing throughout the entire meditation.

The eyes look at the tip of the nose.

On the inhale the lips are pursed almost as if to whistle.

There is no mantra for this meditation.

Practice this meditation when there is sufficient time upon its completion to completely relax and recover from the effects. This is a very spacey meditation. Before going to bed is a good time to practice it.

Practice this meditation for 11 minutes.

This is a very sacred kriya done by very remote exclusive yogis. The three fingers represent the past, present, and future. The hole between the hands is the yoni, the female organ, and the thumbs are the male organ. It is a whole science that would take an hour to explain, but just understand, that this is the creative cave of organic and inorganic growth.

“Part of a series with the mediation taught on 3/26/79”

[Mysteries of the Unknown]

The Unknown Fear Complex of the Unknown

We have been discussing the very basic concept of what can make you happy. What can build happiness in you? Why, when we are in the Image of God, are we unhappy? I hate to give my examples all the time, but I had a very personal direct experience of what is happiness and what is unhappiness. I have lived in Canada and I have lived in America. I have found out what happiness is and what happiness is not. I now make much more money. I can't give you the figures; there are so many zeros in it. But I am not happy about it. I knew then that money doesn't make one happy. I know what money does. Money makes the Dharma run smoothly. For that I am not upset. You may ask me, "Does money make things go?" Money makes the mayor go. Which way, that money can't decide. Money cannot decide which way the mayor will go, but it will make the mayor go. Money cannot decide the direction, but money can make things happen. Money is what money does. The direction is always based on individual faith. If your faith is towards Dharma, then everything will run towards the Dharma. If your faith is towards maya, then everything will run towards the maya.

What is the enemy of each person? The unknown fear. Fear of tomorrow, the tomorrow which should make you happy, the tomorrow which you have to embrace, the tomorrow which you have to face, the tomorrow which you have to meet. If you are afraid of it you can never enjoy it. That is your real enemy. You are all afraid of tomorrow.

Do you remember this song? "One day the day shall come when all the glory shall be thine. People will say it is yours, I shall deny, 'Not mine'." At that time I had only five students and nine dollars; no shoes, no clothes. Shakti is a living witness. She gave me a shirt



borrowed from her son, and that was the only shirt I had. I had to take it off to wash it and put it on again. She can also take an oath. Did she ever find me unhappy? I was happier then. Because at that time I was not told, "Do this. Do this. You are to look, Sir, like that. You are Siri Singh Sahib. You are Sir, Yogi Bhajan. Sir, your students look at you this way. Sir, your students look at you that way." At that time I was nobody. I am nobody now. Exactly, I am nobody. But I have realized one thing that your future lies in a certain organization. It doesn't lie in me. Therefore, I have to leave behind a legend which will guide you. I can't betray you. Therefore, I have to suffer. Whenever you can't betray, you have to sacrifice, and to sacrifice is to suffer. I wear all these beautiful clothes and jewelry and look very fine and tie my nice turban and look in the mirror to come here. Gurumat Kaur was there almost five minutes ago. She saw how I was sitting. I was almost a fakir. That is the way I am.

Once a very great, great dinner was given. They requested me to come. I went there with a white sheet around me. They couldn't believe they were looking at an officer normally seen in uniform all around and totally disciplined. I usually wore a uniform where a crease would not bend. That kind of uniform. I was the most uniformed man but I went there with just a white sheet around me.

They asked me a question, "Why did you come in this dress?"

I said, "You invited me as Yogi Bhajan. According to my official position I don't deserve to come to this dinner. So I have come as the person you invited."

How could I do it? I have no fear. I don't think somebody will tell me I am an idiot. It doesn't bother me. I know an idiot will always see me alike. It is no big deal. The majority of the people I know don't have an experience. They don't have an experience at all. They don't know what experience is.

You do not understand. I can't blame you. I have lived with very, very known celebrities in the spiritual world, but I will only give them a margin of respect. They were a living mess. It is my honest experience.

There is a man who is followed by about eight million people. Eight million people follow him to the extent that if he tells them all, "Be dead tomorrow," they all will be dead tomorrow. They have that much devotion: no dirt of mind, no dirt of position, nor dirt of anything. It happened right in my presence.

The secretary came and said, "Sir, that lady who came from Spain has gone back."

He got so upset, "How could she do that? What did you do? What happened? Go check it out."

After a half an hour I said to him, "Sir, she might have gone just to look at the fields. She might have gone to look at the bazaar. She is a tourist. She has come all the way from Spain to see you, and you think she cannot go away for fifteen minutes."

He was so upset he didn't listen to that. It totally surprised me. Finally when he got tired he said to me, "Why do you think she can go anywhere?"

I said, "She may go to hell or heaven. What is it to you? You are only supposed to tell your students what spirituality is. If she comes and asks, tell her. If not, let her go to hell. Why are you a baboon? Jumping up and down is not good behavior. You are such a reverent holy man; I am sorry to tell you that."

"Am I acting wrong?"

I said, "Are you kidding? You are totally upset."

"Tell me where she has gone."

I said, "She has gone for a walk."

In another half an hour she came back and he asked her, "Where did you go?"

She said, "I thought I should go for a walk."

It was amazing to me. He was so disturbed that his guest had left without telling him, it seemed that the heavens had fallen. Why am I quoting him today? This incident totally opened up my third eye, my fourth eye, my fifth eye, my tenth eye, my eleventh eye, and my

one hundredth eye. I couldn't believe it. If spirituality is a business, then forget it. One should sell stainless steel utensils and make a lot of profit. Do you know what I am talking about?

The spiritual world is a world of ether. It has a flavor about it. It has an essence about it. It is a world of a kingdom. Real kings live there. Not the king of Iran or the king of this; they come and go. That is not kingliness. The kingliness is that of the king cobra. Do you know something about the king cobra? When the king cobra walks, it walks. When it stops, it stops. That is why they call it king cobra. King cobra will never attack you. But its attack is so heavy that if it does attack you, there is nothing that can save you either. The only example of royalty in the spiritual world, given in the scriptures, is that of the king cobra. The king cobra is so immune to its surroundings that you can kill it so easily that you will not even bother about it. The king cobra shall never recognize your presence at all. Within striking or biting distance you can walk by its side; it won't bother you. But if you attack, it will attack; yet it is totally immune and unconcerned with the total surroundings. The scriptures say that when the king cobra is walking, he thinks the world is just spreading out before him. That is all he thinks.

In the spiritual world, you cater to nothing. Do you know what I am saying? Cater to nothing, not even to yourself. You live in the spiritual world because life wants you to live. Life says, "My Lord, live." Do you understand this expression? Do you understand that? You don't hassle to live; you don't want to live; you don't think to live; you don't imagine to live; you don't feel to live; you don't not feel to live. You are requesting every moment, "My Lord, please live." That is the spiritual world. It is a very unique essence of the ether. You are not spaced out and you are not relating to any time and space either. In the spiritual world there is no tomorrow.

Look at me. I am a little humble man, a little, tiny, tiny, six-foot-two fellow. I came here and I came here to go. I'll go when I am asked to go. If I'm not called, I am not going. It means nothing that this is America. It means nothing that it is Japan. It means nothing that it is Germany. It is the same thing. I do not know the Japanese language. I go In Tokyo. I teach. I just teach and they love it. They translate it. I am not scared to death that If I don't know Japanese, I can't teach, and if I do not know Spanish, I can't teach. No, I don't care.

I don't even care if I don't communicate with you. Because the world of Infinity is the world of Infinity and it has no polarity. When you don't have a polarity it is the beginning of the spiritual world. It is the beginning. I am not saying you are in it yet. Please don't misunderstand me. Hanging around the outside of the car doesn't mean you are sitting in the front seat. Forget it. There is no worry that tomorrow can bother us. There is no worry that today can bother us.

I was talking to somebody today. He said, "Please don't fight. It is Tuesday."

I said, "Should I fight on Wednesday?"

I am going to fight definitely. Whether it is Tuesday, or Wednesday or Thursday, I am going to tell you what I am going to tell you. You don't want to hear it. You have ears; you don't hear. You have eyes; you don't see. You have a nose; you don't breathe. Do you acknowledge breathe? It just happens. Life of Infinity is life of no fear. There is no difficulty. We are a body of the Khalsa. We have absolutely no fear. Nothing will happen to us. I am sure.

Can you believe that I am never going to die? Do you know this body doesn't mean anything? This body is not me. I have no identity as a body. There are thousands of people who just love me because of what I said. They don't care how I look, or why I look like I do, or what I do. When your existence doesn't count, something else does count, and that is the beginning of transcending your physical ego maniac presence. People don't need to shake hands with you. The very sight of you gives them all they need.

I meet a lot of people. They say, "Yogi Bhajan?"

I say, "What can I do for you?"

"Nothing. I just wanted to look at you. Just wanted to talk to you. Can I? Can I touch your hand?"

I say, "Oh, you can shake my hand. Don't worry. I don't bite people."

Those who see the devil in me are the devils. Those who see God in me are God. I am not me; I am just a mirror. I don't see anybody anyway. If I don't transform my eyes into human sight, I don't see anybody. Can you understand my world where I don't see anybody ever? You all look to me like a rainbow. It is a world of Infinity where elements do not rule, where the essence rules, where said is done. There is no argument, reason and logic. Here God dwells. Fate proclaims, and the essence is enjoyed and felt. It is not a world where you have to hassle. It is not that each day you have to earn. Things shall come when they are supposed to. It is a world of service.

The entire maya becomes a servant to please the Lord, to please the men whom the Lord loves. That's the way the world is.

You can't even grasp it. You can claim that I am telling you some lullaby or some story which you don't understand. I agree with you. I had that feeling at that time, and I never saw that world myself. So dar teraa kehaa so ghar kehaa lit baih sarab samaale. You read it. I understand it. That is the difference between you and me.

So dar teraa kehaa to ghar kehaa jit baih sarab samaale.
Vaaje tere naad anek asankhaa kete tere vaavanhaare.
Kete tere raag paree sio kahee-aii kete tere gaavanhaare.
Gaavan tudhno pavan paanee baisantar gaavai raajaa dharam duaare.
Gaavan tudhno chit gupat likh jaanan likh likh dharam beechaare.

Guru Nanak, Rehiras Sahib

Where is Thy house and how to open Thy door? Where dost Thou sit to give support to us all?
Endless are the harmonies played by the minstrels;
the players prepare endless tunes and measures, to sing to Thee, O bountiful Creator.
To sing Thy praises are the winds, water and fire.
And singing Thy praise is the Lord of the Law, with his accompanying angels.

I can understand it. I see it. I feel it. I enjoy it. You only read it. Imagine we were going through a cave. When we came out of the cave, we saw a different valley. It was pleasant, lush green and wonderful. There was a river flowing with a gentle murmur. There was a silver flow, blah, blah, blah. You read it. But somebody who saw it wrote it. You should read it with the consciousness of one who wrote it. That is the difference of consciousness. Nothing else.

I am a body. I am a mind. I am a soul. I am a nut. I am a happy man. I am an unhappy man. I am a big man. I am a small man. I am no man. I am every man. That doesn't make any difference. But my consciousness is committed in that Unknown. I care for the known. Don't misunderstand me. I try my best. As you fail to see the Unknown, most of the time I fail to see the known. I want you to love me, but if you don't love me, it doesn't bother me at all.

Sometimes people wonder why I want everybody. "Hi, how are you doing?" I know you are a nut; you may fall apart. I am just like a mom who cares for a kid so the child might not get burned.

Once somebody asked me, "How is it in that world?"

I said, "It is like a huge lever. As it bothers me to come down, it will bother you to go up. That world is not this world, my friend. And this world has absolutely nothing to do with that world." That is the truth.

I'll give you a perfect analogy. Once I flew from Los Angeles and it was so cloudy and so dark and so rainy that it was impossible. The visibility was only ten feet to one hundred feet. The captain said, "Folks, we are going on our prayers. We were delayed because there was no visibility. We thank God." He was right. He flew, and after a couple of minutes we were totally in a pitch-dark hole with no light outside. You couldn't see. Dark clouds engulfed the airplane. It was far out. It lasted about fifteen minutes. After that there was bright sunshine. It was clean and clear and we were in a different world. We lived in that world for eight hours straight. There came a call, "We are approaching the London airport." After a couple of minutes, we were again back in clouds. Do you understand that? The world is the same. The earth is the same. The globe is the same. The magnetic field is the same. But they are two worlds altogether. One is always bright with sunshine, and the other has got nothing to do with sunshine. It is a pendulum going up and down.

Kabir expresses it like this: "Now the gate is opened as many times as I come and go, it doesn't bother me." The real experience is when you can really enjoy this earth with detachment and with attachment at the same time. You are attached and you are attachingly detached. Do you understand that?

I'll tell you a story. Narada [Naaradaa], the great bhagataa [devotee] of Narayan (Naaraain, God) came to Lord Krishna.

He said, "Lord Krishna, I have a question."

Lord Krishna knew it. He said, "Yes Maharaji, tell me."

He said, "Lord Krishna, you have eighteen thousand consorts." They were called gopies. "They love you. They are with you. They are for you. They are around you. And there are eighteen thousand."

He said, "Yes. True."

Narada said, "Can I have one?"

What did Lord Krishna say to this man? He said, "Sure. But there is one condition."

He said, "What is the one condition?"

Lord Krishna said, "You go to all of the eighteen thousand. Wherever you don't find me, take her away. This is from six p.m. until six a.m. only."

Narada said, " Perfect."

Narada sat in mental drib drishtee [state of seeing all] and he went to every one of the eighteen thousand and he found Krishna hugging all of them at the same time. In the morning Narada came, and said, "Krishna, you cheated me."

Krishna said, "How?"

He said, "Look, I love Narayan, God, and God knows it. I went to eighteen thousand individual identities and I found you right there. How can you do it? Did you get yourself into eighteen thousand personalities?"

Krishna said, "There is only one way to answer you. If you agree to never bug me again, I will give you the answer."

This was the first time in the history of Narada that he agreed to any such conditions. He said, "Okay. I will never bug you again. Tell me, how did you do it?"

Lord Krishna said, "I was not with any one single person. When you vibrated, they knew that you would be taking them away, and they also knew by their own supreme consciousness that only I can protect them. Each one created me for her own protection. It was from their love, and it was from their consciousness. I'll tell you where I was."

"Where were you?"

He said, "I was just swimming in the river all night to keep myself awake so I could bear the news in the morning. I had no Idea whatsoever how many you would take away. It was out of their love for me and their power of mind to be with me, that they created me. Even with your superior third eye, that drib drishtee, you couldn't penetrate. Narada, that is the power of love. You love Narayan. You are a proclaimed bhagtaa of Narayan. These are proclaimed gopies of mine. You lost, and they won."

That was the first time that Narada saw Krishna, God himself. Before that, Krishna was always called Lord Krishna. From that day on, however, he was called Bhawaan Krishna, Krishna, God Himself.

A similar thing happened. Mian Mir [Mesaan Meer] looked at Guru Arjun Dev sitting on that hot plate. Hot sand was poured over Guru Arjun Dev's body and he was totally in a dormant state of being with those unfortunate painful situations. Mian Mir, that great saint of that time, asked for permission to destroy the city of Lahore and the entire Mogul empire with his own mental will.

Guru Arjun said, "No, Mian Mir, you are my friend. Don't be angry. Look at me with your real eye." Mian Mir saw him calm, quite, peaceful, in a perfect, golden body. It was said about Guru Arjun, 'Partakh Har. " Guru Arjun was the embodiment of God himself. These are people who have shown certain experiences to certain human beings. You can be like all those people.

It is your birthright to be happy. Happiness comes only to a disciple with a discipline. Those who do not seek discipline can never be happy.

There was a man and a woman who were living together. The man left the 3HO way of life and he wanted this woman to leave, and she was hanging in for the last few years. Finally she decided that she wanted to leave. We said, "Adios." There is no happiness without discipline. To people who leave 3HO, we say, "Adios. Go. God goes with you." They are not leaving any "3HO"; they are leaving a discipline. They are not leaving a person; they are not leaving a religion; they are not leaving an order. They are leaving nothing. 3HO

and Sikh Dharma do not represent any person, personality, caste, creed, and utility or any advantage or disadvantage. It's a committed discipline. You are in; you are out. You are half in; you are half out. You are three-fourths in; you are one-fourth out. The percentage of commitment decides how happy you are. It's not a cult; it's not a religion; it's not a way of life. It is not a Guru; it is not a discipline. It is nothing. 3HO is a living technology to make a person pure. With however much sincerity one applies this technology, that is as pure a Khalsa as he or she shall become. I can vouch for that. It's like a huge multiple-powerful Brahma press. When you are in it, you will be totally shaped and sized to that shape and size of the mold. However much you do not apply the technology, you are that much out of the mold.

That's why I advise people to take it slowly. Don't rush into it. There's nothing heavy in it. You don't have to come into it. There's no urgency. Don't worry. If you couldn't be in 3HO, your children may be. If you children couldn't be, your grandchildren may be.

Kuaar hoe sabh milenge
Bach sharan jo hoe.

Guru Gobind Singh

After being humbled they shall all meet
And be saved in the Guru's realm of protection.

These are the words of the great master, the master of time and space. They will be dragged through the insults and deficiencies and finally they will come. For their safety, they will come under the protection of the Khalsa. These are not my words. Neither do I claim them nor do I accept the blame for them. Can anybody who belongs to 3HO come out and say that we, as a family, have ever abandoned anybody or left anybody? No. Everybody left by himself. Our policy is a four open door policy. Come in. You are welcome from any side. You're okay. Do you want to get out? Adios.

That's a real life of experience, and it has no fear. Ajoonee, saibhang. You never come; you never go. You are by your own grace. Akaal Moorat. You are as God made you. To accept the will of God and not to be as God made you is the denial of the existence of God and His will. It is very practical in its absolute form.

The early tribal law was to brand the tribes so that you could recognize the people. Every tribe had its form and shape. Finally, the tribal law was exalted to the level that man would become and live exactly as God made him to live. Akaal Moorat, Ajoonee Saibhang, Gurprasaad. How do you recognize it and realize it? Through the teachings of the teacher, the guide. The guide guides you to your destiny of Infinity, and once you are in Infinity and with Infinity, that world is a bright, beautiful world. It is your birthright to go to that world and enjoy it and come down on this earth, just as we go to Beverly Hills to do shopping, to the Golden Temple Conscious Cookery to eat, go there, go here, and come back.

To be at home is your right. In the world of consciousness, in the spiritual world, there is a rightful right of you to be at home. It comes to those who know where their home is, what their number is. 1620 Preuss Road. I know it. I remember only one telephone number 273-9422, area code, 213. I didn't let it change at all. I don't know what the other numbers are. There are a lot of them. I want to remember my number. If I have to call, I dial zero, put in ten cents and say, "Operator, this is a collect call to number 213/273-9422, and please, it is from Yogiji." I am at home wherever I am. I know that I know the number, I know I can call. I know things will be done. Period.

Somebody once asked me, "Don't you care for money? If sometime you need money, what will happen to you? You earned the whole thing and you give it away and you spend it away. What are you doing?"

I said, "No. I don't care. If I'll be in a real emergency, I'll ask people to chip in a dollar each. Do you know how many dollars would come? I don't care. Why should I care for myself?"

Who am I? What is it? What is a difficulty to me? What's a problem? If the sun won't rise tomorrow, what do I lose? If I won't teach tomorrow, you will lose; what am I going to lose? Nothing. If you don't come to sadhana, you lose; what do I lose? Infinity has nothing to gain and nothing to lose. In the Law of Opposite, there is nothing in opposition. That's the Law of Opposite. But in the Law of Opposite, if there is an opposition, then you are being crushed, you are in pain, misery, anger, duality. The Law of Polarity is the Law of Opposite. Those who have the Law of Opposite to face with opposition do not make it. That's why they say,

Kar sir neevaa. Kar sar neevaa.
Kar dandaot mang khodaaee hai
Gharree-aa(n) kite aaron naa aaron
Naa kidare guzar jaan paihir.

not Gurbani

Bow you head, lie down,
Beg, and give me that experience
Before the time, the hours, and the day may pass
And time may come to quit.

It's a very simple thing. Without that experience, you won't go anywhere.

Somebody once asked me a question, "is it that humans become animals, and animals become humans, or do humans only become humans and not animals? Do we not become vegetables and vegetables not become us?" I said, "Sure. Without that experience of Infinity, you become everything except Infinity." Everything else doesn't mean anything. Always, when something is to happen, that person comes up who has to do that thing. When something is not done, that person will leave whose life is not to be. It is Gurprasaad. Upon whom God shall put His grace and blessing, that person will remain in the stream of life which is called 3HO. What is the purpose of this life? To be healthy, happy and holy. Period. It has no conditions.

Some people come and say to me, "Yogiji, I like 3HO but I do not like Dharma."

I say, "Oh? Yeah?" You like 3HO, huh? Do you like Ice cream without sugar? Good. How can you do that? Isn't it funny? Have you every created milk out of sand? Hmm? Have you milked the dessert, and gotten milk? Can you do that? You can't. You can't be healthy, happy and holy, which Is 3HO, without a dharma. You can't.

What Is healthy, happy and holy? Why are you freaking out? It is simple. With dharma there is no karma. I'm not saying that in 3HO everybody is healthy, happy and holy. There are freaks. I agree. They have sentenced themselves. They do not come to sadhana; they do not go to the factory; they do not go to the restaurant. They do every weird thing which everybody else does. I'm not saying that they are uniquely beautiful, but only that there's a difference. They have a chance to be beautiful. Others don't. That's the difference. They have a logo; they have a slogan. They have a guide; they have guiders. They have something to live for. If they are not healthy, happy and holy, then they have the hope to be healthy, happy and holy. They have the chance to be healthy, happy and holy. They have a feeling that there is some reminder somewhere. It may not happen; It may happen. It may be a memory; It may be a thought; It may be the last minute. Who knows? But there is a chance. For one out of a zillion people there is a chance to be healthy, happy and holy. That's enough. God, don't give me anything, except one. Don't take away my hope. That's mine. Hope makes the Pope. Otherwise, what is a Pope? A man. Do you know Bob Hope? Hope is your privilege, and it is your right. That is what the purpose of life is: to be healthy, to be happy, and to be holy.

Wherever you are, if you study to be healthy, happy and holy, you will end up finding the Dharma, and that Dharma is what we are all in. We never started to find some dharma. We started to be healthy, happy and holy. Twenty million of us started. We are the handful left, and out of us, everybody's not yet reached a stage to be healthy, happy and holy, but we are trying. As long as we are trying, we are okay. We have not stopped working for it. We have not left hope, and we are not giving in.

The greatest mantra of the time is, "Keep up." Keep up, you'll be kept up. The rest is a hodgepodge of life. "Keep up" is not a small mantra. If you ever want to know who you are, and ever want to experience what you are, and -where you are, keep up. Whatever it is. The world shall bow to you.

Nine years ago somebody came to advise me. He said, "Yogiji, you should learn about America. Be American so that you can convince people."

I said, "Forget it. Americans are going to learn from me, and they are going to look like me. I am America."

That was nine years ago, and now the guy looks at me and says, "You are right."

I say, "Forget it. I am absolutely right! I am America."

I am the only one who came to America, the only one who trusted in God, not in guns. The only one. And, I am the only one who sang, "One day, the day shall come, when all the glory shall be Thine. People shall say it is yours. I shall deny, 'Not mine'." That's all that I am doing. I sang it ten years ago, nine years ago. I'm telling you today, I told you for the past ten years. You didn't believe me then and today you won't believe me. I am the time. I am the space. I am, I am. You can't believe, because you can't see tomorrow. I can't see

yesterday. We are two human beings at different frequencies. Yesterday I have left behind. I have left It behind with all my sincerity. Tomorrow is mine. I know it with all my sincerity. I don't play the game of going back to yesterday. Neither are you in tomorrow; nor are you in yesterday. Mine may be the altar of those who have to alter their life to Infinity.

Kundalini Yoga is a very practical, channelized experience. All it takes is one woman to have one pregnancy, to give one birth to one child, to create another Jesus Christ. Why can't we do that? Let's work that way. Talking, lecturing, hassling, doesn't work. It's taken too many years. I should just keep on concentrating. You know, a have enough time. We are okay.

We are the white tribe. Have you heard the story of the white tribe? They called it the angel tribe. Check through the history of the Bible again. There was a lost tribe, who wore black from top to bottom. They used to paint their faces also with black ink. At the end of the turn of time, they were to give birth to a white tribe, and this is all in the history.

You think black is that person who has black skin. No that's not true. The black hole and the white hole are those which decide the consciousness of the person. There's no black color and white color. Unfortunately In America, certain people are known as black; certain people are known as white; certain people are known as brown. I have not understood it all myself. Fortunately in 3HO this dogma doesn't exist. We don't care who's black, who's white. We go the way we go. But here people from Africa are called black, right? People from Scandinavia and Europe are called white. People from Italy, India and Jamaica are called brown. So there are white, brown, black and yellow races. Four races are being considered. But one thing is missing. Humanity is missing.

Out of this era, these twenty-five years are very heavy years, 1975 through 2000. Far out. You'll go through changes you can't believe. It's all happening. There is going to be heavy insanity in the coming ten to fifteen years. These will be very heavy times and there will be heavy insanity to put people under a pressure to change towards God. You may not trust towards God. You may not trust in God. But you will be forced to do that. Time and space will force you to do that. That's our time. We started with trust in God, and when all people will trust in God, everything will be all right. Remember that. Okay?

Now, sing the song, Re Man Eh Bidh Jog Kamaao. Try to remember these words. You do not understand the value of the words. You think I am trying to make you sing a song. That is not true. It is a shabdaavalee. The combination and permutation of the words is such that it can heal you. It can make your body bright and beautiful like gold. Those sounds are heavy and they're interlocked sounds. That's why it's very difficult for all of you to sing. I realize that. But I also realize that we have to do certain extraordinary things to go through this time which we have to face tomorrow. I hope you will understand and you will cooperate. I hope you will remember these words exactly as they are, and pronounce them, and sing them. The power of the shabd is such that when there is a desperate illness for which you don't have an answer, sing It eleven times. See what the very sound can create. In the beginning there was a Word. The Word was with God and the Word was God. Exactly that's what we are talking about.

[Question: Does it matter in which rhythm or melody you sing it?]

Definitely that matters. The rhythm and melody have been given to correctly pronounce it. If you cannot do it with a rhythm and melody, you cannot do it otherwise. We want you to remember it as a song so that you can correctly sing it. Half of you cannot even pronounce it. If you remember the words by heart; correctly remember them; correctly pronounce them, then you can sing right. See what you can create.

[Question: There was another version sung in the Gurdwara, Indian style. I think that's what he was talking about ... I

Oh, forget about Indian style. Indian styles are Indian styles. This is in Rag Ram Kali.

[Student: Do you want us to learn this style?]

I think this is a very good song. We can translate it and we can understand the meaning of it. We have to go this way. We have to go our way, to create a way so that it can be easily followed by our children, grandchildren and great grandchildren. This is America, not India. We can't deny it. We must teach the teachings. The teachings do not come from India. The teachings come from God. Baanee guroo, guroo hai baanee. Vich baanee, amrit saare. It comes direct and it must go direct. And we must make the way. We must make the highways, the freeways, the boulevards, and everything so that everybody can travel through. The time is short. The work is huge. We must complete it. There's no use hanging in. We must do it. We are the pioneers. We do it, and others will follow, enjoy it, and it'll be a great time for all humanity to follow. That's written in the heavens which you can't read yet. You will know it soon. We are also going to send some people to learn exact rag, exact sound, exact dialect, so that they can come and translate Gurbanee. Thank you.