

**LA007 780117 SADHANA YOJINA wipe out every weakness in your destiny**

<http://www.libraryofteachings.com/lecture.xqy?q=%20sort:dateAscending&id=b9f9e6c2-4ba1-a9d8-7445-7fae4387f620&title=Advanced-Lecture>

1516

**General Position:**

Sit in easy pose with a straight spine

**Hands:**

Interlock the fingers of the hands together with the palms facing down. Firmly press the thumbs together and force them as far under the palms as possible. Hold the hand position in front of the body at the level of the throat.

**Arms:**

Extend both arms straight out in front of the body parallel to the ground. Bend at the elbows and draw the forearms in toward the body until the hands meet at the throat level.

**Legs:**

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

**Breath:**

Breathe only when necessary and in quick breaths in order to maintain the continuous rhythm of the mantra.

**Eyes:**

The eyes are 1/10 open

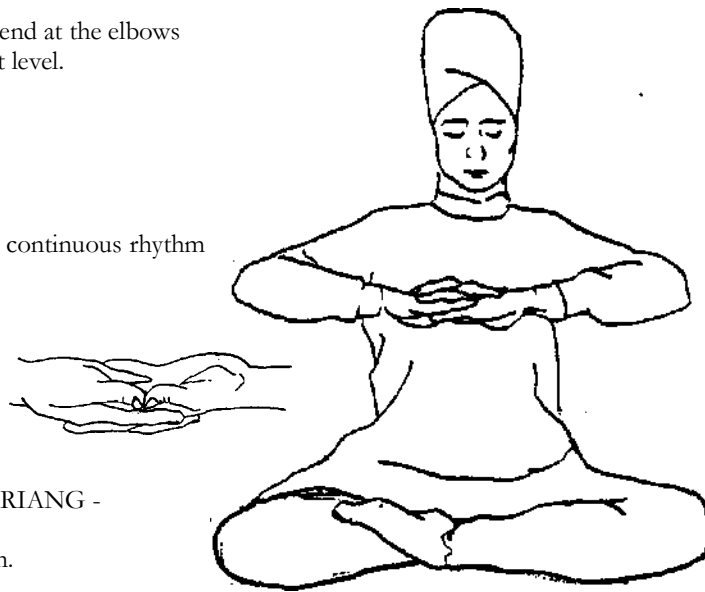
**Mantra:**

Chant the following mantra in a monotone voice:

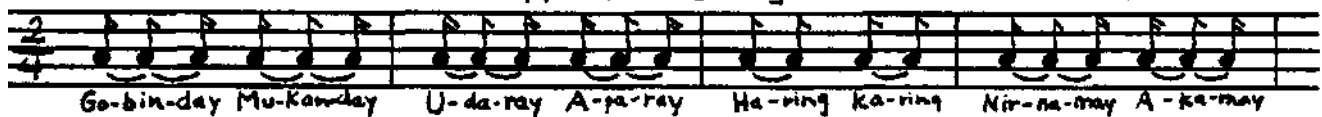
GOBINDAY - MUKANDAY - UDARAY - APARAY - HARIANG - KARIANG -  
NIRNAMAY - AKAMAY

Be sure to keep the vocal pitch at a constant level throughout the meditation.

Chant in a continuous, unbroken rhythm.



Metronome Setting: 54



**Locks or other conditions:**

Keep the thumbs firmly pressed together and locked under the palms, You may experience some pain but don't give an inch.

**Mental Focus:**

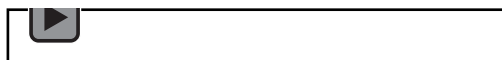
Focus on the breath and on the mantra.

**Length of time:**

Practice this meditation for a minimum of 30 minutes per day for 90 days

**Comments:**

This meditation can wipe out every weakness in your destiny and your surroundings and your connections.



## LECTURE

... Mike and power, all right, let them enjoy it and then you stop for what?

(Students laugh)

Is it a custom? That was very rhythmically beautiful. You know in the realms of consciousness we all try to prove to ourself that we are very happy and good and we know better than anybody else, nobody has the right to direct me and I have the right to decide my this and decide my that... you know all that game? If it's a cup is fulfilled, it's full. When cup is full and it is full with water and you want to put in it milk, it won't go. If it is filled with water you want to put more water, it won't take more water. Happy man will not take unhappiness. And even it won't take more happiness. State of fulfillment is the state of ultimate reality in realization. When you were singing "Ek Ong Kar Sat Nam Karta Purkh Nirbhao Nirvair Akal Moorat, Ajoonee Saibhung Gurprasad, Jap, Aad Sach Jugad Such Hai Bhee Sach Nanak Hosee Bhee Sach" across the wall I was saying one has to be Guru Nanak to be worthy of the fact that one can get this Mool Mantra. Folks, there are mantras and mantras and mantras, but there is a one Mool Mantra in the world.

There are mantras, there are Guru Mantras, Aad mantras... but there is not a single one word in the world, which is called Mool Mantra. Two things don't exist on this planet in duplicate. There is no such scripture, which is known as Siri Guru Granth and there is no such mantra other than the Mool Mantra, which is known as Mool Mantra. There are Gurus and there are Sat Gurus, but there is no Siri Guru Granth. None so ever. None so ever shall be. And there are mantras, millions of them, trillions of them, zillions of them but there is no Mool Mantra.

But to recite Mool Mantra, to become a channel for Mool Mantra, one has to have the capacity of that Infinity in the finite admixture to that purity that is what Guru Nanak represented. Nothing stops him, no Earth law. Neither his wife nor his children nor his congregation nor his negativity nor the barbarous forces, imperial forces nor the confinement, you know why? It's very simple. Traffic laws are applicable to everybody. Traffic laws are very applicable to everybody and it is ethical and moral that one should remember that traffic laws are for the good of everybody, so every good person should obey. But not the fire brigade, not at all. Fire brigade has absolutely no obligation to the traffic law. Because fire brigade is going to put out the fire. It's a emergency.

Life emerges out of the truth. Somebody was asking me today, "Is there any hope?"

My friend hope is for those who are even hopeless. Hopeless means there is a less hope that's all. If there is a less hope make it little more. Make it little more, make it little more, and one day you will find there is no less, there is a hope. Add on and on and then it will become hopeful. And state of consciousness is from hopeless to hopeful. That is what our achievement is, that's what we feel, that's what we enjoy, that's what we relate to, and it only belongs to that who experience through the commitment. Life without commitment is flower without fragrance. Life without commitment is just Moon without light. It's a eclipse. What is the guarantee you are intelligent? There is no guarantee you are intelligent. The guarantee of your intelligence is when you are tested in the face of your commitment to come through it.

Once Rishi Vyasa was sitting in a congregation and somebody asked, he said, "Lord, you are the wisdom. Tell me what is most difficult task in the job."

He said, "Wait a minute, before I answer let me check from everybody." So he asked everybody. He said, "People tell." Somebody said it is very difficult to be a king, duties are very hard, somebody said it is difficult to be a saint, somebody said difficult to do this, difficult to do that. Everybody came out with the most many definitions, the most difficult task. Finally it came to Rishi Vyas, he said, "It's most difficult in life to accept a teacher and it is super most to serve him." And he explains, he explains God is nothing but a Infinite ego. That is a hidden hand, which can catch on you, teacher ego is a open hand, which will be right on your throat without being asked because moment you walk in the realm of unwisdom, unwise realm, one body will not spare you, that is your teacher. Why? Because it's a challenge to his ego. A foolish student is a challenge to the ego of the teacher; it means he has taught nothing. It's not a clash of personality. Sometime we feel it's a clash, no it's not a clash of personality. If teacher is real, his future is in danger; a bad student is a stigma of future negativity. It's better not to have a student.

Exactly in consciousness, any consciousness which is caught into a commotion, is a challenge to your intelligence. When you are commotional, you are unintelligent. That's the polarity. Because life is a simple straight truth. Just now I was asked, "Sir, people who become negative to you, you become more positive and lovey-dovey with them and they never feel that they have done any wrong." This was the question and my answer was very simple. "Why should I do? If person is sick, my job is to nurse that person. What should I do? Should I just ignore them, negate them to make them more sick?" They never knew whether they have done wrong or right, they are not competent. In this country I feel to be very honest right from my heart I am talking to you, I feel people are so unloved. So unloved that it is ridiculous to tell them what love is. Just love them, forget about it. They can hurt you so much that if you just start counting you will freak out in one day.

People have been ripped off so much that they can't trust anything. Now if you force them to trust you, what you are expecting, what? It's a normal known thing. In our society when we want to leave a house or we want to leave a city or we want to leave a place, we must pick up telephone and inform twenty-five to thirty people. It's normal. It's American way. Why? Because we don't trust ourself we should leave or not. We live on feedbacks. Gossip is our way of life. Negative gossip is just as dear to us as Prana to

a dead being. What is the difference between a dead and alive person? I tell you the difference. If a alive person is very dirty and ugly and ill-clothed and everything but still you will not be afraid of that. But if there is a dead person decorated with plush and silk and everything still you won't feel anything for it.

We have been so unloved and so much exploited and so much crushed. Now when somebody tells us love and all that, we totally... it is just like a unbelievable thing. But situation is very simple. That is all what happened when Guru Nanak came, his time was right. Somebody once asked me, "What is the future of Sikh Dharma?"

I said, "My friend, there are two classifications of people, seekers and non-seekers. And if you want to seek then you have to seek and if you are seeking you will find the way."

He was little more reasonable in asking the explanation, the question, he said, "Sir, I mean to say do you think that we have to tie a turban and grow beard and be a Sikh?"

I said, "Not at all. Don't mistake yourself. Not at all. This tying a turban, growing a beard, wearing the white is not for everybody. When did I say that?"

"But why people do it?"

I said, "Ask them. I am myself wonderstruck why they do it? It's my imagination that they just do it because something is bothering them to do it, because my personality is totally amazed at the fact that they even do it."

He said, "But no, no, no, you know better."

I said, "Yes, I know. Commitment is to experience your excellence. It's the highest state of consciousness and this provides them. This provides the individual to experience ones excellence you know."

And he asked me, "If suppose some parents come and through the court if they take away any student of yours."

I said, "They are not my students. Who told you that? If parents can pick up a court order and take anybody who calls himself a Sikh, and then it is up to the Sikh. Sikh definitely knows how to save himself. Guru Gobind Singh has laid it clean and clear." I said, "I wish that day when they pick anybody of us. That day will be day when we can show our fiber." So long we are singing now steady as stone and strong as steel, that day we will show it. We will repeat the history. More than anybody I am the one who is waiting for the day. When my these cubs will roar and let the world know that they have not just committed out of fashion but they have committed out of their heart. It will be far superior and excellent that they will get a time to prove their excellence.

Steel is always known in the battle and man is always known against the odd. What is the use to have a herd of sheep? Now we live in the legacy, that is commitment. There are two hundred and fifty million uncommitted Americans make the United States of America, do we have any grudge against them? Not at all. They change their husband, they change their wives, they change their Church, they change their religion, they change their bookstalls, they change their city, they change their street, they change, change, change, they change so much they do not know what change is.

'It's my father, it's my father's father, it's my father father's half father, three fourth father, one fourth father, one third mother, two third mother,' God knows from where they got these seekers. And now we accepted as life, all right we accept it we never knew better about it but now we know better about, past is dead. Who carries the dead stuff! It's gone. It's gone with the wind. Because people wanted to commit, they wanted to... they were seeking, they were praying for it, they were wanted an opportunity, they got the opportunity, they got provided the opportunity, they grabbed it, but that's not enough, one has to live it.

One thing in Sikh Dharma my folks is very simple. You have to live it. Imagination doesn't work in this way of life. Somebody once asked me a question, "What is 3HO?"

I said, "Healthy, Happy and Holy."

"Who can be its member?"

I said, "Who is healthy, happy and holy, who wants to be healthy, happy and holy, who thinks he can be healthy, happy, and holy, who even has the least imagination that there maybe a hope for him to be healthy, happy, and holy. They all can be member of it and if one does not have even the least imagination, he is not it."

The other question was, "Suppose the FBI wants to join 3HO what precautions you have?"

I said, "It's a very simple precaution. If a member of FBI joins 3HO, takes bath at three thirty and does it for a month or forty days, he will not be FBI at all."

(Students laugh)

"Forty days of cold shower can wipe away the entire FBI and CIA out of a person, are you kidding?" I said, "You try it, procedure is very simple. It's very direct."

Nothing works, when cold water early in the morning, three thirty touches the body, the only word comes out of our mouth is Sat Nam.

(Students laugh)

And that comes from such a inner self.

(Students laugh)

Head doesn't work at that time because head ceases, heart works. It is that procedure, which opens up heart center. And there is another tap with hot water right next to it and when a faithful having faith in the Guru and Infinity for the sake of the Sadhana, does not open the hot water but only the cold one and goes through that and at that time except chanting the name of God

nothing comes out of the mouth. It's too cold folks. You have experienced. And then he carries with him his own pride, thank God. His gratitude. Somebody once complained to me, "What should I do with somebody who sleeps in the Sadhana?"

I said, "Do nothing!"

"Sir, what do you mean?"

I said, "The guy never had in his Karma to get up before eleven a.m., at least he gets up. Is that not enough?"

Sometime we forget what we are dealing with. People who have... they tell us that we brainwash them. I tell you they have been already brainwashed. People have been told never to sleep less than eight hours. It's unhealthy. People knew "Early to bed, early to rise, makes a man healthy, wealthy and wise" now who sleeps early? I want to ask one question. Where is the moral of this government and the people, where is the magnified purity of this country what we are talking about? When you go at night and see what is going on in the streets what moral and ethical right they have even to ask any person who are you? When they tax us millions and billions and zillions of dollars, and steal that money clean and clear and do not deliver even anything near the expectation what they promise. Streets are not safe, life is not safe.

The person who wants to practice righteousness is most mocked at. Well, out of the entire sickness, you think the human mind will not get tired? Yes, it will. And it is that cry of consciousness, which brings us to the purity but at this moment of life we have the most powerful time to just be patient. I think patience pays and it was known in the time immemorial that it's a very successful tool. That's why they call it Sehajmath Kriya; it's normally used very powerfully for the augmentation of mental process. We always have in our hand one finger, which is the longest; it is Saturn finger with Saturn mount. We know that. We will do it eleven minutes today, because you have been practicing Kundalini Yoga for a long time with a man known Yogi Bhajan. And you are very proud of it. But we will see what happens in these eleven minutes.

If you have a hand like this you can crunch it and crunch like this, this is how it is, this is the lock. There is a absolute pressure, we like to do the best to break it, the lock is very clean, fingers won't touch the two fingers, two fingers must remain free. There is no finger of it, side finger is touching it, it's a pure lock and you put it hands parallel, elbow straight and you pull it straight. Eyes nine parts closed and you pull it with absolute strength as you are pulling somebody else not you. All right, inhale, pull, now meditate and breathe slowly out and slowly in. Put your entire force. We expect you only for eleven minutes doing it very honestly. One minute is over. I'll give you the time schedule, don't worry.

You are directly at this time working with your motor system in the brain, it is question of very powerful duality. But if you keep the pressure and don't worry about time, I'll watch it for you. Then you may achieve a state of continuity, which is called internal peace. Pull in such a constant way not much not less. Continuity can give you a tremendous amount of feeling of your own power flow. You have done very well for three minutes. If you keep your elbows up and parallel to the ground, it will help your thyroid and parathyroid, which sometimes goes nuts. Breathing has to be very slow, that's the requirement. It has to be long and slow. Under no circumstances it is required to have a quick breathing. That can mess up the system. You have entered the middle time that's called five minutes. Little less than five minutes so it is the period between that to five and a half minute, which should be little kind of time when you think you will like to get out of it.

Now don't give in, you are entering a area where it will be much less within your power to keep going. But if you are continuous, not overdoing it, you will be very fine. Now the best portion is to maintain yourself. Steadier, steadier, keep the pose together and be steady. Breathe very normally. Well, folks, you have done it very well, keep up. I hope the watch should move little faster than it is moving but... keep up continuous and constant. You are on the last run of the minute. Inhale deep, exhale, inhale deep, exhale, inhale deep, exhale, inhale, and put your hands down as shoulders do not exist with you. Flat down. Hang them down and breathe normally.

Side B

YB: Many speak of...

Students sing: Many speak of courage...

(Singing stops)

YB: May the long time Sun shine...

Students sing: May the long time Sun shine upon you...

YB: In Thy guidance O Lord, O Unknown in every known, O beyond, bound, O Supreme Being of all beings, unseen through all creativity you have seen, you are eye in the eye of every eye, which we see and see through, you are ear and every ear and we hear through, and you are tongue and mouth of all, which speaks. But today is the day when through Thy grace we creatures could create this congregation and out of this congregation we said and heard the praise of Thee. Lift us to the loftiness of excellence; give us power to be healthy, happy and holy. Make us sincere to enjoy to be human, give us grace and radiance to uplift ourself in peace. O Lord God of all Gods, O being of all beings and Supreme Being, help us in our consciousness to merge in Thee ever and ever. Sat Nam.

Students: Sat Nam.

YB: I'll advise you to stay for few minutes. If you have really done it right, you take another five minutes for you to recuperate, don't rush back to your normal standard work. Hello, did you get your friend? You have no friend?

Student: (---)

YB: You are number thirty, who is number twenty-nine? Find it out.

Student: (---)

YB: It's the only shirt? I thought the serial number. You are great. Yes?

Student: (---)

YB: I think that's the maximum. It should be practiced between three minutes to seven minutes to the maximum of eleven minutes. When you try to cross the eleven minutes you are doing something wrong to yourself. We did the maximum today. We will meet Thursday again.

