

LA935 980608 tonight we are going to do a simple meditation to see if we can connect subconscious and intuition,
<https://drive.google.com/open?id=1a3tdpIZu9q80TUHjgquEe-OD9I8Cw-8K>

SUMMARY MEDITATION:

So tonight we are going to do a simple meditation to see if we can connect subconscious and intuition, okay? Later on you like it, pay me some reward otherwise shout and leave, that's my intention. I want to do the thing in two days that's why I've stayed. LA is too wet for me.

All right, now please sit down and take this like this and put this, now chest line which is a arc line in ladies especially, men don't have that so you have to just sit very straight and your fingers very straight and this touch very straight precisely. Now, suppose that hand, look at this that it should not go this way, no, just straight. Everything perpendicular, that's the tragedy in Kundalini yoga, posture is a most important thing. They are easy posture, they are not difficult posture but simply it's a simple thing to do.



Now you are set, now close your eyes nine parts and remain open one part. Now it's a difficult exercise and don't goof about it. You **have to breathe like this. It's called trinity breath, breathe in two stroke. Two stroke and third stroke through the nose.**

Use your diaphragm and breathe with two stroke really good, open up the clogged center.

Help with the breath, if you can help your pituitary.

Don't stop you have to work on yourself.

Come on, two-stroke breath in one stroke through the nose out. You will feel the changes, feel it.

I am learning to find the balance to distinguish between moods and passion, healthy and unhealthy, self-destructive situation, wow!

Some of you are cheating. Catch up.

Breathe, breathe, it's a difficult time I understand, two-stroke breath in, one stroke out.

Pituitary, which is at the end of the nose has to adjust, give him a chance.

Come on, come on, do it.

Catch up your strength, regulate yourself please.

Don't you want to see what you get out of this?

Breathe in two-stroke and exhale through the nose, that's all.



Inhale deep, put your heart in the center here and put all the pressure you have in your body and fight it to hold it in the center. It should be to that extent that your hand should shake, come on.

Let it go. Inhale deep again, please bring your hands at the heart center like this. You should put all the pressure there, just extend your shoulders and put the pressure that every fiber in your body must get the

energy. This is the time to serve yourself. Let it go.

Inhale again and take your both hands up over your head and stretch your spine, tight, pull it tight, tight, tight, tight, relax.



Audio 17,45 minutes



LECTURE

It's hot here. Somehow I have managed two days with you. I don't know what that means but... It will be fun. Hmm, I can see it. (?). Can you bring this now here?

You know, there's nothing to believe. It's just like earth was, is square thing and you can go from one side and on the other side you will fall. That was the belief. When the guy came out with the idea the earth is round, they punished him. They didn't burn him on the stake, fire but it was very close call. When you are saying the Picean age is going and Aquarian age is coming it is a very close call but we don't understand what that means. What will happen, I have my job, I have my home, I have my wife, I have my children, you will have everything but the mind they have today shall not be there in five years.

I am not asking you to meditate and put your turbans on and become 3HO or Sikh Dharma, you are fine as Jews, you are fine as Christians, whatever you are you are fine but you are not fine if your newer mind is not with you. I just dealt a situation where a person told me on my face, I want to see how others live. I wished I should have known it when I was sixteen year old or twenty year old. I want to see a whole world as me. Moment you see the world with others you've lost your personal base. That means

good fortune will never touch you because you don't exist. You are in competition with somebody else so you don't have energy to be you. You don't want to see the world as you, you want to grow up as you, you want to be a successful of you. When I came here people asked me, I should wear pant and... How you like to see me today in three-piece suit? You can't even relate. And the greatest story what we are doing, I didn't have anything, Shakti's, son gave me a bush shirt and I wore that and some pokedar turban I had one and there was no clothes and first time I tried to learn to laundry my shirt and it was all gone, I got a big pulp out of the whole thing, so that's my experience.

So I learnt that there are things I can do and there are things I can't do that's why I am the way, I am. Hardly we propagate what we teach because those whose destiny is promised by Almighty God to see me as a teacher they will sincerely learn deep and in the coming age they will grow up. Those who see me as a man can just be a man, those who see me as a teacher will be teachers, those who see me as a, what is the word, the charlatan? What they call that?

Student: Charlatan.

YB: Charlatan, so I can't even pronounce that, excuse me, then they will charlatans. Action has a reaction, equal and opposite. Well, I am not going to glorify myself, I am a super being who flies at night that's not true. I am not super being I am just a book which has a experience that things can work out if one tries it. That's all it is all about. The essence of life is the essential of life and if you can promote that essence you can grow, glow and be great otherwise the statistics are before us, five percent of people are with wealth and equal misery, forty percent are never crossed ten dollars an hour and another forty percent on average does not cross twenty five dollars an hour and between that eighty percent fifteen percent are those who are hotchpotch. This is your economic situation so we have become like vehicles of labor and when we refused to do labor they bring Mexican or, even they go up to south America to get cheap labor.

In two hundred and some years a great country of United States of America has been polluted, there's not a river, there's not a lake, we don't have even forests. We have come to a point of exploitation which does not paint a rosy picture. It's very funny. Once I went to a country, I won't say it and I asked the man, "I don't want to drink this milk glass you drink it."

He say, "No sir, it is for you."

"No, no, I am telling you, drink it."

He drank it and he said, "Oh God!"

I say, "Why so?"

He say, "Either I drank the mother from, drink the milk from a mother or you have given me a glass today."

I say, "This land used to be a river of milk, what happened?"

He say, "There's no animal left. No bird left. There's no wildlife. It's all gone." And it was funny to watch how the world is changing fast. The problem we have is that when we achieve something it does not give us the strength to be ourself deeper, better and grow better. It gives us the glory and we want to be something which we are not, we want to show the world, we want to give a party. Somebody once bought a carpet it was cheap, I dealt for him and then all I knew next week he has a party to spend three thousand dollars to show people carpet, thousand dollar carpet. And then he has to have exactly fifteen hundred dollar to clean his sofas and all that what people threw there. That is our basic nature. We want to be known, we want to see how things are. We cannot digest comfort, we cannot contain ourself.

Mind you, don't take my example. If I wanted to I could have been as rich as I should be but no, our program is different but normally a person who knows how to content and contain oneself is very happy and very resourceful, not rich but very wealthy. Wealth include all things in the world. So I thought if I stay two days here and give you few meditation then you will not curse me for running away for a long time. So I was supposed to come here for Shakthi's son funeral and for some other things so I thought two days I'll just spend with you. It doesn't matter how many of you have come, all it matters is justice should be done for your coming.

Your mind has eighty one facets which work with the thought all the time. So you are in a position to hold eighty one thoughts at one time. And you have exactly three minds, you have a negative, positive and neutral. This combination works in your psyche all the time. I want to be free. I want to grow, I am grown up, I want to see the universe. Have you seen people who have gone on a boat for a lifetime? I know one of our student, thirty years ago he left on a boat he is still hanging around somewhere in some ocean. Why all this happens? Have you seen people they go fishing? Sit down whole day, in the evening get hardly a fish and if they get one they throw it back, because they don't know how to pass their time. They do not know how to meditate. Have you seen people going hunting and they kill each other just because they think everybody is a deer? Oh, these are not wrong things, this can happen to us because the precise mind, precise human mind is very limited without intuition, absolutely limited.

It's nothing if intuition is not added to human mind you will mostly can't even see what you should have seen ordinarily and when the age grows then we are very grateful, we are very lucky also, grateful, happy because without our knowing we become senile. After twenty seven year old man, take anybody thirty year old, talk to that person, he will only listen thirty percent of your talk, will understand only fifteen percent. Talk to somebody more than fifteen minutes, it will all go over head. Human body has limitations but our ego doesn't have any limitation. We want to everything for any reason, we like challenges. Have you seen those people who jump out on the eighteenth storey from the window to just experience to fly? If you take national statistic you will be shocked. They start like this and when they fall flat on the ground, you can't even recognize, why?

Human living concept and human dying concept is the same concept. Human success concept, human failure concept is the same concept. Human happiness and human unhappiness is the same concept, it's the two sides of the coin. I know what I am going to teach you nobody will teach you because forgive them they don't know what they are talking about. They say, open up your

Chakra, get your body perfect. Then what? Suppose you have a beautiful body then what, suppose you have wonderful mind, then what, suppose you have a great spirit, then what. If you are not you who the hell is going to be you? Then you are stupid you want to be somebody. We need a role model, no my dear you have to roll.

(Laughter).

There's no such thing as role model. I asked one day a girl, I say, "You stupid, come here, sit down with me." I invited her for lunch. And I say, "I am not going to be in lunch with you, get out of my sight."

She say, "Why you are so angry with me? Sir."

I say, "Sir, look at your hair, you have come like a bush, what happened?"

"Oh, this is the style."

I say, "What do you mean by this is the style?"

"Is [did] computer tell you?"

"Oh no, he cut it wrong so I told him make me the ugliest girl in the world and he really did it."

(Laughter).

Can you believe this? You as you have a style, you as you have a personality with you as a you have equality, with you as you have your understanding, with you as a you have values and you have to preserve that. If you do not preserve your domain you can never dominate and if you cannot dominate over time there will be lot of fear and pain. Understood?

Feel in your bones. You have the right to be happy but if you know that happiness has to be yours. Happiness cannot be comparative, lot of people (?) me come on, "We'll spend money, we'll make you the greatest Yogi, we'll put on every billboard, we'll do that."

I say, "What for?"

"We make you Hollywood, we introduce you."

I was a Hollywood Guru in the beginning you know, I ran away on a hippie bus, never came back to LA for a year. Somebody asked me, "Why?"

I say, "These people have no Jews." What do you do? You take a cut off land and put dry trees in it, dead trees and you say, I am leaving in a jungle. There's no jungle, people are set in their egos. They compete like hell, they end up in hell. Totally a person who wants wealth it will come to you, if you go after it you will suffer. Because if people have no reverence for you nobody is going to trust you, nobody give you the opportunity and it's hang in, hang out. We in a simple English call yo-yos.

Job you will always get. I said it. When I came here I also did a job, nobody was willing to recognize me what I am today, and what I am today nobody wants to recognize what really I am but I feel if from nothing, from zero I can expand so successful and get to so many people to help, build their moral, build their mind, build their intuition, I have something to share. I share because I care. That's what I said when I came in the beginning, I have come here to teach teachers, I am not here to collect students. Thirty years ago I knew it, time will come when all of you who do not think you are anybody you will be enough to go on the road and help the inflow of the people who are suffering.

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Help with the breath, if you can help your pituitary.

Don't stop you have to work on yourself.

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Catch up your strength, regulate yourself please.
Don't you want to see what you get out of this?
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Inhale deep, put your heart in the center here and put all the pressure you have in your body and fight it to hold it in the center. It should be to that extent that your hand should shake, come on.

Let it go. Inhale deep again, please bring your hands at the heart center like this. You should put all the pressure there, just extend your shoulders and put the pressure that every fiber in your body must get the

energy. This is the time to serve yourself. Let it go.

Inhale again and take your both hands up over your head and stretch your spine, tight, pull it tight, tight, tight, tight, relax.



It's not the time it is just doing it and it is not the practice, it is perfecting it. This can give you a strength which you never had. There are lot of dormant situations in your body and you face lot of fears from the surrounding plus when you are raised you are not very comfortable. On every eleven years you find a challenge that is the intelligence and every seven year you find a challenge that's consciousness. And if you do not get to the guideline you may mislead yourself.

This life, as a human is very precious. First of all let us talk straight. You are not born sinners, you are born as most angelic in the image of God. Number two, let's understand something today, we are not for sale, we are for ourself. Any person of you who gets up in the morning, get ready for a sale is a cheap person. You are not for sale. You are for and yourself and everyday you have to spend for yourself. Your dignity, your divinity, your grace, your character, your commitment, your surroundings, your reality, your friends, relative, they are there because you are you but if you are not you, Alice doesn't live here anymore then it's all fraud. Because you are not you.

My beauty is that I don't compete with anybody. I am but I am, period. You have to be you and sooner or later we need all the teachers in the world because hordes of people, flood of people will come for help and there will be no time. You can't sit there face to face for hour and lay down on a bench and tell him and tell those things, no, your sight, your touch, your feeling, your one word should do the miracle. That's the world you are going to face.

Once I was travelling in airline and one lady started crying. I think she consumed over two boxes of Kleenex. Out of curiosity I said, "Is there something so sad you are crying?"

"That's unfortunate I don't know. I don't know why I am crying."

I say, "Really you cried a lot."

She say, "Do you know why I am crying?"

She didn't have even touch with her mental capacity. She didn't have touch with her own thoughts and she was voluntarily crying. Some of you and many of think you are very smart. Are you low-grade smart, mediocre smart, upper-grade smart and really smart? That you don't want to look at it. Start looking at your life why I am not on the top of the world when the spirit and the soul is the same in me? Why I cannot give? Why I like to take things? Why things don't come to me? Why I have to go after things? This life is challenge to all of us.

I am going to teach you tomorrow another exercise to go through and I hope till we meet again you will practice them sincerely. We must all prepare ourself for that beautiful tomorrow which is our guiding star. Not to help ourself, those days are gone but to help all those who need help. A general day of making a commitment, I shall help somebody today. And now you are going to listen a song which you all love to sing with her. Go ahead.

(Students sing May the long time...).

God bless us, bless us to be human. Give us the grace and dignity. Give us the service to serve and uplift. Give us the love to share. Give us all what a human is supposed to do with the understanding we shall represent Thee on the planet, we shall represent Thee in every thought and we shall represent Thee in every corner of the planet to be grateful that you have chosen to make us to be your own image. Thank you Lord for this day. Give us strength for every tomorrow, Sat Nam.

Students: Sat Nam.

YB: Wow, feel good if you cannot feel anything else. Don't get up in a hurry. Don't try to be smart just take your time. Hey, you have a twin heart and no twin head?