

You are ready for the commercials. Yogi Bajan speaks at the all new Health and Fitness Expo. Workshop titled Self Healing Easy and Simple. If you have any date that night don't come. Because it is going to be most typical class. My idea is within two hours I am going to give them something and you are with me anyway. But if you come there come prepared. Period. No big deal. What is this now? This I want to see you. This is my last class in Los Angeles. Tomorrow I am going to teach that one and I will be the first man to catch a plane. Fortunately at that night no plane goes to New Mexico. So I will be on the first plane out. It is such a smog here. I can't breathe. So normally I used to stay these months here. Doesn't matter what. All my life I have done the same. But now because of medical reasons and other reasons I am stuck badly.

The Inverted Business Tendency. Business schools do not teach it. I know they don't know. I know they don't know. And also life is a business. You cannot live in life. You must understand there is a perpetual fear in your mind that your every success has a tendency to confront you. It is not that you are wrong. It is the power not to have victory over confrontation. That is what makes you weak and wrong. Nobody is wrong. Human has the strength. Human faculties are not questionable. Somebody has given you idea you are no good. Mamma said, "Hey John you are no good." That mamma is no good either but she doesn't know how effective that word is going to ring in John in perpetual again and again John is no good. What, mother said it. Mother is a worship. Mother is a God. That word sits with John for ten years. Mother did it because she went out of control. She forgot about the labor pain. She even forgot her intercourse with her husband. She forgot about how many churches she went and prayed for it that she should be blessed by the church. She forgot so many things. She also forgot the most important thing that that child is her own future. This is a chain of coexistence between him and a man and a God. John you are no good. That is all. I went to somebody's house. Very rich man. I lost him forever. His son came in running from the ground seeing that a weird man like a Santa Clause walking in the house. Create a lot curiosity. He ran in. He didn't take off the shoes or something. The mother got up and slapped his face so cross. I got up and left. She said, "Yogiji."

... said, "... had enough of it. No more." By punishment you teach nothing. You cannot do anything for anybody except you do have one thing and that is to make somebody's life happy. Help somebody to elevate. Serve somebody to be better. That is what all it is. Answering the call of duty does not mean to go to war. Answering the call of duty is, no person which you know or you feel you know or you can reach should be unhappy. If you. Now tell you. Religion is corrupt because they want your money. Religious man is corrupt because he wants to be famous. That is not religion. Religion is very simple thing. If you will help other people without bias, without prejudice. With your little given consciousness and your intelligence I assure you God shall come and help you. That is the only relationship between man and God. Rest is to build church. Take away your money, tell you different things. Tell you you will be this, you will be that. Even certain people act to impose extra calculated activity or hypnotic self or they give you experiences and they talk you lot of things. I have gone through garbage of this. I know it is not true, neither was, nor is nor shall be. And religious man is corrupt because he doesn't have the guts to say, "You are idiot." They will never say that. "Oh I think you are somewhere wrong. I do not know." Now just understand. That is not what you are looking for. You are looking for a direct communication. Direct communication is man's own priority. It is no favor to anybody. This course is about business. You will not learn it in the Harvard. Neither you will learn in any other school. And this I intended to teach to our business people and people who have a business with life so that they can progressively grow up. We will discuss in this pros and cons in everything else. That I have to come to teach. Before that you will not see me. You will have to come to New Mexico. I am going to go to ranch. Have good water and good air.

Now you are ready for the class tonight. How was yesterday. That was nice. Huh? If I would have given before that what I taught you you would have just hung me up but later on you were enjoying it. **Tonight we are going to work with our adrenals. You know. Adrenals.** Don't pronounce the way you do adrenals. Ad re nals. It means put an extra facet to your life. Literally meaning of adrenals is to put some little extra facet, **extra energy to your life**, something which gives you when you pedal up the car little bit, it gives you as little speed to pass a little bulky truck. And everybody wants to be one step ahead. It is among the ants, it is among the bees, among the birds. It is among the cockroaches and it is among the bears and it is among the lions and it is among the humans and it is among the gods and the angels. Everybody wants to look better. There is nothing wrong in it but you cannot look better or best if you do not look good. Good is God, good and goods. The word good contains the word God in it. Only good means one who extra. « stand for what generate, æ stands what organizes, f stands for what delivers. If you do not deliver baby you have no chance to be proud of anything. Work gives you value. Deliverance gives you confidence. Sometimes you have personality problems, this and that. Psychology has books over it. You cannot believe it. Nothing is equal to delivery on time and there is nothing better than delivery before time. But don't start getting pregnant or start delivering babies on seven months. It is a dangerous game. In

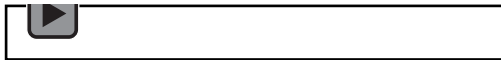
that way you can take nine months and four days. But in life on time is human. Before time is angelic. You want to be angel. You don't have to blow in the air, what that thing is called it is called armpit. These are two armpits and in these two armpits is the center of your three nervous system. Parasympathetic, sympathetic or motion or we call it motor system. These armpits control your entire imaginary creatively memory and action nervous system of your entire human being. These I call them armpit. They call them "baal sadan". "Ball" means your entire power is centered in this pit. And man knew about it five thousand years ago. We didn't discover it today. Tonight we are entering a free zone in our life which is stressless. Yesterday you enjoyed it because you worked three fourths honestly hard. In between you were saying, "Oh what I am doing? What is he talking about. God Yogiji leave me alone." But still you continue. It is a matter of faith. But in the end you deprogram. Tonight we want to rebut it. I am not saying you are totally going to be changed person. I am not saying you are totally going to be perfect. I am not saying you deserve that. I think you don't deserve nothing because you have been trained from birth to today, go and get it. That is your joy. No bud has any value except the looks if it does not blossom. It is the blossom is the fragrance. It is that fragrance which gives the ecstasy and evaluation to a bud of a flower and when a tree comes to a flower it creates the very seedling of the fruit. It is the beauty, the hope in life which you must live with. I have no calculated risk coming to America and teaching you certain things because I thought one day. I was right. I had a choice. I was either to go to Taskan to teach parapsychology to the Russians or I could run to Canada. I chose Canada over secure situation in Taska~. Canada, God worked a miracle. I was miserable. I ran out, came here and got stuck with you. But what I want to do with you is to make you understand you are masters of your own calculated energy and total energy is yours provided you leave that to work. If you do not have a stress free personality, you can't plan, you can't think right, you can't create strategy, you cannot do so many things. You are numb and dumb and sick. Most of the things that happen. It happened to me. Why you are exception. I went crazy. I overworked. I did everything which was not supposed to do. I knew going through North Pole is radiation wise terrible and can harm. knew it. I used to teach it. But just to cut three hours I did not stop. I lived twenty years in airport. People used to say where is your house? I used to say, "In care of some airline." I will come in here, teach two classes, run, here, there, here. So whenever you use your electromagnetic psyche without imbalance with electromagnetic field you shall create one thing in you which is called fear. Fear being dropped. Fear being not loved. Fear being not taken care of. All these fears only exist because you know what success is. What your need is. What your want is. So opposite of that is nothing fear. And you are all caught in your own cobweb and that is your perception, your experience, your life. You have statistics of life which your subconscious relate to you like a computer business. You press the buttons, it comes through, it tells you. Mr. I met a man who used to wink the right eye. He dropped me. This boyfriend of mine, he winks the right eye. He is going to drop me. How you know? Now you have become prophets. Every man who winks the right eye for you is the dropper period. This is how you are slave of your own perception. ... agree with you. You make money. You become rich. You have palaces. You have this. It is all here. What is for you? Yes, you are a big show business. You can show somebody, thirty some. I go to this friend of mine. Twenty seven bedroom house. Big deal. So ... said, "On every February you can sleep one day in one room. Then on the twenty eighth day sleep in the living room. On twenty ninth day, it is a leap year sleep in a bathroom." Big deal. Why you want to build all this. Because you are not sure. You want to be loved and liked and appreciated and understood. You want to have friends, good will, etc. etc. etc. You are a total classified idiot. All these things will not make you get you, anything what you want. Only one thing will get you. You, you become you. Nothing more, nothing less. And then see what a miracle happens. Once people believe in you or trust you or understand you that you are you and no temptation, no qualification, no threat, no calamity, no tragedy, no good will, no bad will can shake you. You are the king. That is what every human loves. To relate to somebody. To know somebody. "Zamee jubad jumad baad mahamad." Let the earth crack up into ashes. Move but good Mohammed doesn't move. We need that depth. You introduce yourself. I am so and so. My profession is so and so. My age is so and so. That is all. Have you ever introduced somebody I am absolute wisdom. If you tell somebody I am absolute wisdom they will say you are a hippie or a yuppie or you are out of head, you are insane. Because nobody introduce I am wisdom and nobody wants to know you are wise because if you are wise and they know you are wise you cannot be exploited. Don't you understand? You are dangerous. You know when you go to somebody's house what do they do? Would you like to have a drink? Yeah what do you want. They want you to be a little sober, little non-sober. Just one, two, three, by that you are out of your feet and you become a, you start talking, "CCCCCchhhh, chhhhooo." You start talking, you are relaxed. They call it relaxing. Nothing. They spend four, five, six, ten, twenty dollars on you. Sometimes they have to spend more. They just put you little off base. So they can know that they can play with you. Life is not to live together. Life is not to be together. Life is to exploit each other. We are hunters. There is a beast in us. There is an angel in us, there is a human in us. We are three subjects and exploiting is our priority. In animals it is hunting. They go out. They hunt. They go out in search for food. We search for energy. We live off each other. We play games and that is all it is called social behavior. That is not true. That should not be true. We should be in a position to live with each other forever. At very consistent frequency. We should be blossoming all the time. Our fragrance should be very adoring to

other people. We should be really in love. Real love is not what we do. We should be thankful to each other not the way somebody gives you present you are thankful. No. Our attitudes are very different. We either play drama or we play trauma. Trauma, everybody knows we play it, drama is between the two people and we set a stage for it. That is the most obnoxious human being. First you put all your life energy and set up the stage, then you end up doing the drama or the trauma and you call it love. No, it is a waste of most precious lifetime. Then you got hurt and then you start another drama, sympathy, apathy game. Then you become totally, absolutely cold, angry and bitter and a third drama. Fourth is depressed, negative and losing hope and on and on and on. Why? Because stress has totally made you numb to your own beauty, to your own joy or flow of life force. You do not know when you are vibrant or beautiful or pleasant or sweet it is. You do not know if you get your boyfriend you are longing to reach and you catch him and you have intercourse quite a couple of hours and you see the ecstasy and stars. What that is. If you have that frequency of vibrancy of magnetico psyche intercourse with the electromagnetic field you do not know what this, that is. Try to see what that is. You will lose nothing, you will gain everything. You will become the most radiant, extremely successful, a leader which will be loved, respected, adored by all people. Because you will be source of strength. What we do. We are yo-yo's. In the morning we agree, in the afternoon we disagree. What is this nicotine does to our body. Nothing. Smoking is not a bad thing. Enjoy it. It will make your whole life smoke. You will never be sure of anything. The most impatient human is one who smokes. You want to test it out. Let a guy get hooked on the smoking. Don't give him cigarette for three hours. See how does he go through. He will go through the cold turkey. And they have a whole science figure it out. Oh, if I don't take this, this will happen to me, that will happen to me. Oh God look at that joke. Were you born out of the mother smoking cigarette in your mouth. What are you talking about? Same way the alcoholics. It was funny. In Houston I went to a restaurant. I saw a little wooden box. It looked like it was containing diamonds. Yes. One bottle of wine seventeen thousand American dollars. One. I asked the guy? I said, "What these grapes came out of the planet earth or heavens. What is in it?" Sixteen something and the whole story. I said, "What this will do?" When we will drink he will be seventeen thousand dollars poor. That is all it will do. "It has a smell, it has a taste, it has been seasoned. It is the whole thing." What a joke. But they had the whole science about it. The man who was in charge of that little box. He won't leave me whichever I go he start talking, start talking. I told him, "... fully understand this is a fragmentation of the grapes and it couldn't sell because it was useless. It has been left over somewhere in the thing and now it is very old and you want to catch the entire money out of my pocket. I am not interested." I gave a practical answer. I said, "Get off my back. It doesn't mean anything and it smells terrible and it stinks. I want to keep my wisdom whatever level I am at just within my rules. I do not want to fragment my grey matter." ... said, "That is all it is." "Oh I understand. You don't drink." ... said, "... do drink. Water. When you learn I don't drink. I drink water. Any excessive energy you take in your body. If you are not ready to digest it you will blow yourself off. It may be anything." Any inlet and outlet has to be precise, procedural and perfect. Will you remember that. What did I say? Precise, procedural and perfect. Precise, procedural and perfect.

I saw a woman today in the restaurant. She was young but her face was not beautiful and somebody asked me a question. This woman is older and perhaps she has maintained herself very well. And she looks pretty and that woman should look pretty and it is not. I asked the other person who was asking the question. I said, "Look in detail. Find it out. What you see." No this was nothing. The woman who was not looking beautiful has the thickest hair in the world you can believe a human being can have it. And you cut them. And hair cannot be cut. They grow. They take from that area all the pure protein. After all the face is the most needed part of the body which reflects all the energy. The other one she had an absolutely very thin and hair enough to cover her scalp. I said, "That is the inlet and outlet right there."

You have an \dot{y} amount of energy. Where you want it? You want to develop yourself as a Sumo wrestler or you want to be intellectual or intelligent. You want to be a philosopher or a politician. You want to be a professional or you want to collect garbage in the street or you want to be a bag person. All it takes is the same amount of energy. Question is what in your life you can handle and what you cannot. Until we do not clear our life from this dirty stress we will be numb to our real life. No rusted car can last long. It is the this mental rust which brings us unhappiness and depression. Earlier we free ourselves from this, and I am using a very, very standard physical method. Flawless and foolproof. I am not asking you to help me. I am asking you to cooperate for your sake. That gives me joy. That is a matter of pleasure for me that you attended a class. You worked on yourself and something you achieved. Some perception of experience which is not normally you get other ways. So you will remember just once you were relaxed for one second, one second. It may be a dream. It may be an idea, but something you can relate to. Now just understand life. We give birth to a daughter. When she gets sixteen we introduce her then we start searching a man for her. Isn't that true? And then we show off our social standards, our physical standards and our personal standards, bah, bah, bah. And if family is strong and tight then we just look around then we finally, either she goes and find, her parents go. Whatever your system is. And finally we just marry them. Now on marriage we make a party. We spend the money. We spend gifts on presents, friends come in. We collect the whole universe for that marriage. Now actually what that marriage is. We know that night this man is going to have physical

intercourse with that woman. That is what all it means. Is it something different. We put whole social sanction behind it. Whole procedure behind it. Whole perfection behind it, love. Oh my son in law. You are just my son. This whole jazz goes on. For what? They are going to go in a honeymoon and go in a motel and do what they do. But if somebody just picks up a girl and just goes to a motel and do and if you get to know about it. "What? How you did that? What do you mean? You have lost your sense. You are characterless, you are ruthless, whatever." Why? In one you officially admit to be. In other you sneak to be. That is the difference. And then not only that at Sunset Blvd. when a prostitute says at night. Hey, do you want to have somebody to give you a company? You arrest her. Look at you. What business is that? Well she just married for fifty dollars for that night. That is her dowry. And that is all. What is the difference? Because you know after if that is legalized and proceduralized and all that, there shall be no social structure. What are you so upset about your social structure. I tell you why? Because you are afraid you shall have no permanent future because there is no guarantee what shall come out of you will continue your future. I am talking about children. Every law is based on securing tomorrow and those people are securing tomorrow who have no today. And their memory is miserable about yesterday but still they want to secure their tomorrow. It is that security in your life which is your fulfillment. Without you, without that security in you and experience and thought of it you cannot know what happiness is. Rest in your life is action and reaction. Emotions, commotions, feelings, desires, thoughts, dreams. All are good but they do not give you the experience of that fulfillment you want to have in life. With all this good introduction which are you are very seriously listening 33:07 let us now do the work.

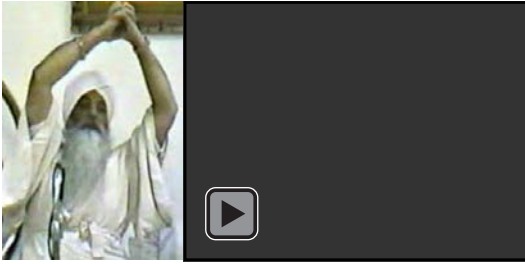


Okay, sit down and let it be so. Reaching a stress free zone in our own self. All right. Good. 14/15 minutes **Put**



your tongue under your upper lip and press it hard upward. It is a physical penetration and if your uterus, females or breast will start giving you trouble and men you have some sensitivity somewhere it is expected. Normally it will not happen but if you have been horny for last two weeks, I can't help. On your upper lip there is a little meat which connects you upper lip with your teeth, gums. You are right, thank you for correcting me. That is very nice of her and also very sure that somebody is right there to correct me. There was no way otherwise I would have said somewhere meat which is not right, gums. So the tongue must press at that meridian point and you try to pull the upper lip downwards and tongue pulls upward and it has to be a battle between two oxen. And standardize please and your eyes must look at the tip of the nose and your sun finger. Now we are getting right to the heart. Right to it. This sun finger and this sun finger and these three fingers steady and put it

right there and elbow shall have no bend. Look this is how I look if I do it. It is so painful. I am not kidding with you. It will take away entire possibility of a pain out of your life. Mental, spiritual and physical, all three. ... am not joking but you have got to do it. I do it every day. Put the tongue in that point and put the upper lip in your total control self. Connect it so hard. It shall hurt. I am not saying it doesn't. If it doesn't hurt you are cheating and put your Ravi Mudra. Sun finger and thumb, fingers straight, elbows should have no bend. Eyes totally jammed once and for all at the tip of the nose. This is called "**Dukanasanee kriya.**" One who takes away the disease, destroys the disease, discomfort. The kriya, action complete action which ruins the uncomfortable possibilities in your being. Your eyes at the tip of the nose. Your tongue right into the upper lip, pulling it upwards and you pulling it downwards and your hand very standardized, no bend in elbow. I think that was underlined even in the older scripture. No bend in elbow. They must be afraid it can happen. It is painful. I did this morning myself. But couple of minutes conquering the pain through it to make the body painless is not a rough idea. Some of you really look pretty in this posture. We will give you one and one and a half, double beat sound of the gong which will give you spirit enough to standardize your focal point if you want. It won't push you beyond. But if you put your hypnotic self little above you like up to the ceiling of the room, it does ten times more healing than otherwise. **(SSS plays the gong.)** Inhale deep, hold it tight and press the tongue and jam and make a steel of your posture. Turn the whole body into a living steel. Let it go. Inhale again deep with the same posture. Contract every tissue, every muscle, every fiber, use your motor perfect. Synchronize. Whatever you will synchronize will live young. Let it go. Inhale again, deep. Hold on. Synchronize. Every molecule. I am not talking of the muscles or tissues, every molecule. Let it go. **(SSS plays the gong again.)** Now, 11 minutes: in the same posture **lock your hands up and watch this. There is a certain strength in it, all your fingers must go on the back of your hand, dig in. A posture like this. Do you know what I mean and from the strength of**



this posture move your being, down, don't move the down, if it doesn't move, let it not. Move with this strength. Don't stretch up or stretch down. Move with that strength, you will exhaust out of your body all the toxins. If you move from the lower strength you will do harm. Move from the top strength of the antenna alone and move the lower being move it. It is moveable. It is easy. Once you get on that rhythm you can go on. Move with the top strength. Your lower part should follow it. Move the pranas around. (Tape of pavan, pavan by Gurushabd Singh is played.)

Your tongue must be in the stick like in upper lip. Your eyes must

focus at the tip of the nose and from the top of the combined strength of five tattwas the entire body must create a pulse. With that impulse you will become young. The lock of the upper hand is the strength. Body moves flow. And you move it. And in this pulsation you create an expeller of all the disease and toxins out of your body. Expel it. Come on my love, let's do it. We don't have much time. We can't do it even more than eleven minutes. Get tight. Move on. You are wasting a most precious opportunity in discussion with your mind and self. Why should I do it? Go through it. See what it does for you. Experience health, create a sweat. Aim at putting one drop out of your forehead of sweat. You made it. Synchronize and move. Expel every disease. What happened when fever breaks. You sweat then calm. It applies to everything which is uncomfortable and diseasing us. Hospital are for those who do not sweat. Come on, we are running out of time. Sorry. You will be missing me, I will be missing you. Get tough. Create a swell. Sweat it out. We have two minutes. I can't extend it. Whether you are done or not it is up to you. At the moment exactly to be frank it is two minutes and ten seconds. That is it. If you can't sweat in these two minutes and five seconds, two minutes from now you are at your own risk. I did my best folks. Don't blame me. One minute and forty five seconds. Within these forty five seconds you must sweat. That is the rule of the thumb. Inhale deep and synchronize and stretch and pull yourself upward as much you can do. Every vertebra and the disc must come to balance. Do your best. Exhale. Inhale deep again. Deep, deep, fill it up the ribcage and stretch upwards, upwards, upwards, upwards. Exhale. Inhale deep again. Little more, little more, little more. Hold it tight and stretch upwards. At the count of sixteen let it go.

1:02:21 Hello. Today you really wanted to be healthy. That I can assure you. Let us go to the mountaintop. In this class there are many people with very special talents. Everybody doesn't have all the talents. Knowing each other and knowing what you can help each other with the talent of yours which somebody wants is very, very human. That is the first step to enjoy life, to share your talents. Then to share your courage. Second step. Third, share your grace, wisdom, tranquility. And finally share your nobility. You will find yourself over-satisfied and enjoyable. I think of the thirteenth of April we have a Baisakhi. I am coming back to teach that course. April 1_ I will be teaching that. My telephone number of New Mexico is_ 505-752-6314. In case of emergency I am just away by the dance of the finger. No big deal. Just telephone it and advise the security. They will always answer you. Leave the number I will call you back. Call me only when you might. Don't call me to listen to my beautiful voice. You have been listening all these months. But I just want to keep connected in case somebody wants sometime I am there. Good enough. Friday, Saturday, Sunday you can come to Santa Fe, the weather is beautiful, sky is very clean and it is a very perpetually beautiful place. And twenty five miles from there at Hwy. 106 is the Ranch. You make pre determination that you are hot headed and you have to come tell Niranjan so so we can gracefully receive you. And after that time I will ask your forgiveness and permission that I will see you in April when the course will come again or whichever happens earlier. We don't know. Relax now. You did a good job. Just relax. What are you looking for. Nothing is going to happen more than this. Dr. Baljit. Bal means the power, jit means who wields the energy. He made the tea. What did he put in it. The grapes. Dried grapes. We are not going to tell you the secret herb but it is very reviving. You can experience the born again. Anybody can be born again. **Rebirthing.** It is very good, tasty. If you don't want it, don't ask for it but it is being given to you. You know Popeye had that green stuff spinach and you who belong in 3HO have yogi tea. We didn't temper it with yogi tea yet. There are two more ingredients which we will put and then comes what you call is the real thing. Just want to introduce ourselves slowly. Best of health. We can have this complete tea when it becomes complete. Somewhere in the corner watch what happens. All you have to take once. You will come again and again and again. Two more things and then we will be done. Then you will take a first sip and then you will say I am and then on the second sip say I am louder and then on the third sip say I am very loud. Herbs are the harbors where the ship of life lands. I think we should make a tea and say because of the restriction of FDA and shortage of space we write nothing about it. Test is try it. If you don't like it throw it away. If you like it call number such and such. That will be very honest statement. Isn't it? Because respecting the law and honoring the FDA restriction and shortage of space on the package we cannot explain the properties of this. We would like to be excused. However. Enjoy it and if you don't throw it away and never, ever take it

again. See what comes out of it. It is centuries and centuries and thousands and thousands year old code. Herb heals, doctors diagnose, and God gives. It is so old as we are. FDA says it doesn't sound right. Can you believe this? Tomorrow FDA is going to say In God we trust we can't write on our bill. Well psychology association may say it is wrong. Who knows what they are going to do to us. So how does it taste folks. And how do you feel inside. You have to give us forgiveness till we reach the complete formula. We will just introduce it slowly and then we will have the tea. Then we will make out of this super tea. But we are afraid it will cost us a lot but we will see. Some ingredients are very costly. Class is dismissed. Now you can sit and enjoy and sip tea if you want. May th long time sun shine upon you, all love surround you and the pure light within you guide your way on.