

## SUMMARY MEDITATION

15 minutes



**8 ½ minutes:** All right, close your eyes and just imagine, now it's a imagery because you are imagery. There is no reality other than that your imagery and just imagine, imagine you are the creation of one Creator. Just imagine in this posture, imagine, oh you imagine all the time. But now you just imagine that you are the creation of one Creator. That's exactly you are imagining ek ong kar, how good it is, how bad it is, religious is, not religious it is, fake it is, real it is, that's none of your problem, just imagine that you are the creation of one Creator. You are one creation, the creation of one Creator. Have no duality.

One thing will happen your that finger will bend side wards when you start imagining it because what you are imagining you really don't believe it. It will only remain straight while imagining this, if you really believe it or you are at least concentrating to believe it or you are trying to believe it, otherwise it will bend. Body language is different than what you wish or desire or want to have. You are the creation of one Creator. Second, your identity is true. Your identity is true. Number three, you are a doer. You are a doer. You do good and bad both but that doesn't matter. You are a doer because you are the creation of one Creator, because your identity is true, because you are a doer, therefore you have no fear. You have therefore no fear, there are three reasons for you to imagine you have no fear. If you imagine those three things first, the fourth you will imagine that you have no fear because you imagine you have no fear therefore you have no vengeance. Therefore you have no vengeance. Imagine it because you have no vengeance therefore you are in the image of God, you are a pictorial God, undying God, which does not have vengeance. Those who have vengeance have nothing to do with God; because you are in the image of God therefore you are by yourself. Your existence is complete,



it's not neither you can come nor you can go, you are you and then imagine you are complete.

How the reality can be found? By the blessed of the learned one. By what method? By repeating. In the beginning you are true, through the time you are true, now you are true and true ever you shall be. That's the practical side like ek ong kar Sat Nam karpurkh nirbhao nirvair akal moorath ajooni saibhung gurprasad, jap, and the practical side is aad sach jugaad sach hai bhee sach Nanak hosee bhee sach. This is a imagery of the mool mantra. What it gives you? It puts your root in the soil of the soul, it'll put your roots in the soil of your soul and it gives you fruit called ecstasy. The imagery of the moolmantra puts your roots in the soil of the soul and it bears you the fruit of ecstasy and it makes your self as a bliss. Now please open your eyes and relax and stretch your body for a minute.

**Now we will do a second imagery.** It's called healing imagery. Sit down with two hands, left under, right over at your heart center. Little higher, little higher, there is a space here and funny part is your hands will sit there very comfortably on two pads, there are two muscles underneath and what is that called, **pericardium**? What they call this area, which beats the heart? Something **cardia** something, I don't know what it is. But anyway it is called **hridayachakra**, it's a electromagnetic field center of the body which eliminates its own projection through which your heart beats. Is that true? It's an electric center doctor? Yeah, it's electric center and when it doesn't work, then we stick there, what they call that stuff underneath? Pacemaker. So we make peace with our body and we cut this damn thing and stick that little machine so that our heart can keep beating. You know what I mean? I pray you don't need that but if you need and somebody hit at your pacemaker you are done. It's not something very difficult. You understand?

**2 minutes:** In that area please put your hands and close your eyes and stick your body like straight. Now follow my directions. Very perfect and hypnotically imagine it, hypnotize yourself. Hypnotize that very small single ray of light it started circling you, one tiny hair-like, small ray of platinum light, white shining, platinum light, platinum light, one tiny small platinum light of the strength of the hair is going around you. Two, make them two, make them three, make them four, make them to cover your entire being, they are all, they are many, they have to be for each cell and they have to be ten trillion of them. Tiny hair-like, tiny hair-like thread going around your body with a platinum light shine and they are ten trillion of them. Now they are moving faster,



faster, faster, faster, with infinite fastness, fastness, fastness. They are moving round and round and you want to know what it is. This is exact imagery of Ang sang Wahe Guru. Panch shabad. Five sounds. Keep this imagery and if you put that tape on you got it. Now stick with this imagery ten trillion hair-like thin platinum lights going around you fast, covering you, totally, completely.

(Tape Ang Sang Wahe Guru...is played)

YB: (over tape) and it is Wahe Guru. With every molecule and part of the molecule atom of you. Keep imagining, deeper and deeper and deeper.

(Tape stops)

YB: Thank you, open your eyes. We don't want to do it too much. No charge. But I am not very interested to become divine and I don't suggest you should become very holy either. I tell you what problem is. When you reach a consciousness like mine and if you cannot handle it, it is falling from the seventh sky; higher you are dangerous it is.

### LECTURE

... You might have heard something they say which is normal what they say, but you don't seriously look into it and they say these days as every person has a male part and every person has a female, what is dominant and what is not dominant they don't know. But normally they say it as every female has a male part and every male has a female part. This is what they commonly say but nobody gives any importance to it, normally it is, if I am a female, I am female, if I am male, I am male. But when you look in the crossroad, you will find lot of male impersonating as females, you call them transvestites and lot of females try to be males and we call them tomboys. These are expressions. They practically sometimes do those things. But it's very difficult for a male to act as a female and it's very difficult for a female to act as a male. Though you can mentally act as a male and a female or vice versa, if you are a female you act as a male, if you create a dominant role then you act as a male. Male is not who has something between legs different than what is in the legs of a female. You please understand that is a physical structure. Physically male and female are two different structurally. But that's not important at all. What is important is that they both are different in hormones, that's very important. If you think that as a female your hormones are not that of a female and if you think you are a male your hormones are not that of a male you are neither a male and nor she is a female. It depends upon how the glandular system secretes and how the hormones carry your personality.

Sometime you wonder in America it is very open, you are finding it, men coming out of the closet and they say they are female and men coming out of closet and they say they are gay and female coming out of the closet they say we are lesbians and there is a whole mix up in the society about this. Fact is that neither there is any lesbian nor there is any gay nor there is any man and nor there is any female.

There are structures of body in which what works as a energy is the combination of how the hormones are and that can change anytime in anybody for some reasons and that's how the mind will think. Mind doesn't think as your body is, look at the tragedy, you look as a male, you are a male for all medical purposes you are male. Mentally you are female. They try to find it out why it is. But centuries ago we knew it that it is the hormones and the glandular system, which determines the projection of a person not the body. You feel sexually satisfied, we call it optimum point among males and females. In a male we call it ejaculation and in female we call reaching my optimum point. Do they exist? No, they are expressions. They don't exist. What happens is when the sexual activity starts the breathing becomes heavy, deeper, faster and if diaphragm pushes over two point five frequency electromagnetic field you can call it ejaculation, then your glandular system or your gonads will start reaching the optimum point and you reach the point you are very satisfied. You collapse or you feel relaxed or you feel released and you call it satisfaction and for that satisfaction you go on and on and on... it's same thing, first day you drink wine, you feel very turned on and high and light and delightful. Then you keep on drinking and drinking and sometime you can drink a whole bottle, you never reach that point and your optimum point is not reached. The physical body, the mental body has to relate to the optimum point.

The same thing the yogis do. They just meditate, get into ecstasy, they get into a space. It is called and they enjoy. They enjoy in a very blissful state and the secretion from the cerebrum gives them what you call is the totality. They see the universe within themselves. It's a very, very funny, enjoyable feeling. It has millions of sex in it and it has trillions of optimum points in it and whatever, it's very enjoyable. Some people get into a situation, they hear music, they hear harmony. What is in the universe a man has that in his head and it can be totally experienced and created exactly the way this whole universe is because you must understand everything is a electron, the whole universe comes from electrons. You tattvas, existence, hundred and eight elements is all electrons. Basic electron is the key to the entire universe.

**I'll like to do one very funky meditation with you. It's not great. But if you can do it right you will freak out and you will understand. It is called psycho hypnotic cerebral balance.** It's a very high quality psychological and neurological exercise. It's a yoga kriya, actually and this brain of yours has many parts; it has hypothalamus, it has frontal part, it has a little stem of the brain and we have named it differently but majority of the fact is by now 1991 we do not know much how our brain function except we find it, there are two parts of the brain. One is projection, one is element basic and those kind of things.

Your mind has lot of portions and if you understand your previous notes you will find... anybody remembers how many parts of your minds are?

Student: (---)

YB: No, there are three... Eighty-four parts of the mind do you remember them what they do? Three main minds and eighty-one parts of that, total eighty-four, it's all written. I have dictated it, we taught in one seminar, you should know that. These eighty-four parts of your mind they face eighty-four facets and you have those aspects which each facet relates to. Then you have totality of mind, it is just like there are wheel and wheel has spokes and when wheel moves totally things look as one but there are different parts and unfortunately that you can graduate, you can do your master, you can do PhD, you can become MD, you can be an engineer, but you do not know how your mind works, you do not know how your body functions. You do not know lot of things.

So when you are sick you go to a doctor, when you want to get building constructed, then you go to engineer, then you go to... When you have mental problem you go to a psychiatrist and psychologist, when you have a spiritual problem you go to a padre, church or religious person. So what you do is that you have services, and you have your self and you have your desires and you have your needs, you have your imaginations and you have your history. You have your own geography and you relate to things as you want to. But tonight I feel I should share with you something very simple.

The most powerful thing, which **you have is self-hypnosis** and whether you know it or not, whatever you say or do, proceed or understand, it totally is based on your self hypnosis. Let me make a statement, which will freak you out. You don't exist. You have no identity of yours. You do not matter at all and your entire talk is based on your expression, either imagination or your desire or your experience or what you have heard or what you can think that you have heard. There are two different things, what you have heard and what you think you have heard. What you know and what you think you know. What you desire and what you think what you desire. Therefore you are totally a living mess. You have nothing. I mean, it's a very painful thing to know that we are practically nothing. We have totally duality, I know and I think I know and people know that I know and people think I know they know.

Now what is true? Nothing. I desire, I desire. I think I desire and I know I think I desire and I imagine I think I know I desire. Now which one is true? They are mental all stages. Do you understand what I am saying? You are just an onion. Go on peeling you, go on peeling you, in the end you are nothing. In the beginning you are nothing, all you are nothing but tears and that onion smell, that's all you are. You have a fragrance, you have fragrance and you have tears, tears are expression. When you are overjoyed you cry. When you are in pain you cry. That's all. That's all you are. Between tears you are torn apart. Beyond that you are nothing. You are not anything to begin with, you are not anything now and you cannot be anything. You have a hope you are something. You hope you become something. You hope you understand yourself. You have been told and you are understandingly hopeful that you will get ecstasy, you are imagining you are holy man. Whole things is bosh bosh bosh, doesn't exist. Can you understand the tragedy of you? Then what you do? To impress another idiot, one idiot puts all the boards around him, degree from this, appreciation from this, you know it's whole public relation. Majority forty percent your talk is your own public relation, thirty percent your talk is your salesmanship, and thirty percent talk is your hooking the other person and grabbing other person's energy, that's how you talk hundred percent. Your communication is not based on truth, neither directly nor indirectly nor imaginatively nor really or not in any farfetched reality.

You were not ready for this lecture, right? You wanted to come and tell you how great you are and how best you can become happy and how you can do all that, you know what I mean? But let me tell you who you are. You are between one hundred pound and three hundred pounds a collected mess.

(Students' laughter)

But you have two great things. You are nothing and there is no lie about it. You have an arc line and you have an aura. You have a huge divine energy, nine foot each side around you circling both ways. It goes like this in oval shape, it goes this way too and you have an arc line from earlobe to earlobe. It's like a... you see that when it is raining that thing what you call it. That goes like this? Windshield wiper? That's how arc line goes. That's like this. You are that great thing and as a female you have an arc line here which goes back and forth, otherwise people who are like me they can't see the difference between a female and male at all because they don't recognize anything. So if there is an arc line and then there is a bottom arc line, it's a female and if it's nothing bottom, it's bottomless, then it is male. That's all it is. As a female you have an additional base arc line, as a male you don't have it.

Now what is a real chance that I should not steal all the money from you and not waste any time of you and I should give you something your own imaginative reality. Can you tell me? If you don't tell me then I have nothing to teach you know, you are already dumb and why should I waste my time with dumb. Come on. Tell me what you think it is? Don't know?

Student: (---)

YB: Oh that I am going to teach.

(Students' laughter)

You are too clever. An experience. If you can experience yourself not through others neither through projection of others nor through your projection, then you will have a very useful confidence. Otherwise, you will always be in the seesaw of emotions and commotions and any person who lives in the seesaw of emotion and commotion is not basically a human. What really you are, an appearance. You are a shadow of truth, that's why they say God made you in His own image. That's your imagery. You are imagery of God. Guru Nanak says it very clearly who you are. He said akal moorath. You are the picture of God. I am not saying you are good, I am not saying you are bad, I am not saying you are wonderful, I am not saying you are rotten, I am not saying you have a character or not, quality or not, you are dumb or not or you are great or not, I am not giving any qualification, Guru Nanak didn't put any qualification, all he said is akal moorath. You are the image or the picture of?

Students: (---)

YB: Which God? Akal. Undying God, which knows no death. So you are the picture of the deathless one. Now can you imagine that you are? Never heard of.

Now sit down, I mean, do this therapy see if you can like it, if you don't like it don't do it. Not essential and you just put your this hand, this is left hand, left hand you put where your diaphragm is. Diaphragm is which makes the body go through that, well. Beautiful.

(Students' laughter)

I can't believe it, I have such a magnetic field, I can't understand. Well, at this spot put this hand and this finger bring it over here and just like that as you are telling somebody something, now, you will put this finger like this and like that and you know, you will have very weird angles, you should have a perpendicular angle just like this. A straight line.

**8 ½ minutes:** All right, close your eyes and just imagine, now it's a imagery because you are imagery. There is no reality other than that your imagery and just imagine, imagine you are the creation of one Creator. Just imagine in this posture, imagine, oh you imagine all the time. But now you just imagine that you are the creation of one Creator. That's exactly you are imagining ek ong kar, how good it is, how bad it is, religious is, not religious it is, fake it is, real it is, that's none of your problem, just imagine that you are the creation of one Creator. You are one creation, the creation of one Creator. Have no duality.

One thing will happen your that finger will bend side wards when you start imagining it because what you are imagining you really don't believe it. It will only remain straight while imagining this, if you really believe it or you are at least concentrating to believe it or you are trying to believe it, otherwise it will bend. Body language is different than what you wish or desire or want to have. You are the creation of one Creator. Second, your identity is true. Your identity is true. Number three, you are a doer. You are a doer. You do good and bad both but that doesn't matter. You are a doer because you are the creation of one Creator, because your identity is true, because you are a doer, therefore you have no fear. You have therefore no fear, there are three reasons for you to imagine you have no fear. If you imagine those three things first, the fourth you will imagine that you have no fear because you imagine you have no fear therefore you have no vengeance. Therefore you have no vengeance. Imagine it because you have no vengeance therefore you are in the image of God, you are a pictorial God, undying God, which does not have vengeance. Those who have vengeance have nothing to do with God; because you are in the image of God therefore you are by yourself. Your existence is complete,



it's not neither you can come nor you can go, you are you and then imagine you are complete.

How the reality can be found? By the blessed of the learned one. By what method? By repeating. In the beginning you are true, through the time you are true, now you are true and true ever you shall be. That's the practical side like ek ong kar Sat Nam karpurkh nirbhao nirvair akal moorath ajooni saibhung gurprasad, jap, and the practical side is aad sach jugaad sach hai bhee sach Nanak hosee bhee sach. This is a imagery of the mool mantra. What it gives you? It puts your root in the soil of the soul, it'll put your roots in the soil of your soul and it gives you fruit called ecstasy. The imagery of the moolmantra puts your roots in the soil of the soul and it bears you the fruit of ecstasy and it makes your self as a bliss.

Now please open your eyes and relax and stretch your body for a minute. Now, we did this for few minutes and it was a pure imagery there is nothing to it. The guiding guidance of this imagery is by Nanak and acting under that imagery is our self, our being. What this imagery can do for you? It will give you the depth, which you need, it gives you the roots of your soul, it will give you the trunk of the bliss, it will give you fruit of ecstasy. What this imagery does if we practice it? It takes away from our life our failures, our poverty, our shortcomings, our pain, our discomforts. What this imagery does because of the karma we have to be punished and body goes through lot of pain but it makes sulhi the suhi, instead of hanging you on the cross you just get a prick of a needle and you get escape.

Karma cannot go away, but the affect of the karma is reduced to almost the most minimal, not minimum, minimal. And it's almost to nothing. This imagery you can do it yourself and for this imagery you should copy this tape of mine the way it is and it should be in your own voice because the sound is the reality and your own sound is the only reality you have, so your shabad must teach you the essence of light, you have to take a tape recorder and you have to copy this imagery to yourself in your commanding sound and then you have to play the tape that that will be sounding to you. Normally in our times we never used to have tape recorder and when our teacher taught me I was very shocked, I really freaked out. He totally took my sound. I was hearing myself. It was not his voice, it was my voice. He could do it. But today thanks to the electronic world you can totally record your own sound, your own sense of command, your own direction and you have to use your own shabad, your own shabad can command your surt, this is what shabad surt yoga is, which is base of all Raaj Yoga. Shabad surt yoga is the base of raaj yoga and the fruit of it is the schaj yog. Schaj

yog means blissful, normal, peaceful, nothing, everything and nothing means nothing. So these are three stages, which you can do but you must command in your own sound your own being. It was not possible twenty years from now. Yeah.

Student: (---)

YB: No, no, you have to command yourself. Now you have command language they call it. It is not affirmation language. You are commanding yourself. The way I talk to you those words are correct. You have to command yourself, you have to command yourself in your own sound to your own surt, surt means power to meditate and this is what is called shabad surt yoga. This is the base of Raaj Yoga, we use different methods, we use kundalini. We stick it in, we want to get it done. We don't want to sit down and meditate, you know and when we are in a kind of a freaky mood, some around tantric yoga comes in and we get stuck in and one, two, three, all out, we are straight again. We used the most high-handed powerful methods. High projection. I mean, tantric yoga is not a small little thing. It is and it is and it does it, it does it, it is there, it is there, there is no escape. Mind and negative mind and positive mind and neutral mind and all, there is no chance. What you lock in? You lock in the aura and you lock in the arc line and you lock in the ten bodies and you push through one, two, three go. What you can do? Your physical body is just a part of it, all it can go is cry in pain and cry in vain. You are stuck.

Normally if you use those kind of things you won't do it. In your Sehaj Gian like this, if you do those exercise you will freak out, you won't. You don't have stamina for it. But in that, you are all set. So that's a very high powerful kind of a situation you are stuck with or Kundalini Yoga one, two, three right from the navel penetrate, go through, come back, settle, set, next minute. I mean, these are what you call it rocketry, it's a rocketry, they push somebody in a rocket, throw him in space; bring him down, all over with. But that is not normally for humans and this is why, you will be surprisingly seeing people who do not have their destiny they walk away from 3HO. I mean to say you are here not because you love me or like me or I am a teacher and (?), this is all bogus propaganda, this is a public relation. This has nothing to do. You have a destiny and you have promised to fulfill that destiny. You come, either your destiny carries you or your fate takes you away. That's all. There is nobody personality, emotions involved. Nothing. It is between you and your own God, it can never be associated to any person, place or a thing and you may try to do your utmost, I have to come next year to ladies camp, you won't. If it is not destined to something will happen, something will go wrong, something will freak out and sometimes you will be going on a car and you say well, there is a girl sitting there, let me walk in and you come, you like it, you register, you will be here. We do PR, we send the pamphlets, we make the phone calls, we do lot of funny things. But that's earthly stuff.

'Sab ne chala mariya karta kere soye.'Everybody jumps but what God wants that happens.

Yeah.

Student: (---)

YB: This one, this imagery? Between thirty-one minute to sixty-two minutes and do not proceed beyond sixty-two minutes and do not do less than thirty-one minutes. It has to be in between those two times. Beyond sixty-two minutes you must have holiday that day. You must. It's very powerful stuff, it's not something you should play around and fool around with it. I mean, there is no need to becoming holy overnight, you know, there are some people are crazy among us I know, let me do the whole day today and I am going to be born saint next minute, that's ridiculous, that's just fooling around. That's not right. Yeah.

Student: (---)

YB: No, no, you will do it once, in your voice, in your command in your thing and then you say come on kid, or you will choose a word like child or student or disciple, what you want to call yourself? It should be your choice word, it will come to you, I can't give you a word and then you will command again and then you say that and command again, it is you as a word commanding shabad is commanding the surt. It's between you, this imagery is between you and the process of the method, the blueprint of this is by Nanak and this whole science of Siri Guru Granth, whole science of Siri Guru Granth is Surt Shabad yoga. That's why it is Siri Guru. Every shabad is a commandment and there is rahau in it and it is all worded perfectly and when you put yourself into the trance and if you take one sutra and other sutra and other sutra and go through it, it can blow your mind. You talk of enjoyment, you talk of taste, you talk of drugs, you talk of this sex, you talk of food, you know what enjoyments you have got? Few, right? Ten, twenty, thirty? They look like nothing.

I mean, once you get into this everything looks waste of time, that's my polite expression. Everything. And once you can perfect this moolmantra and your roots get into your soul, right? You don't care for God. You don't need God. I mean, it is absolutely nothing. God goes after you. God is big and huge only when you do not have the root in it, you know. Man is very powerful thing. Once the cancer takes the route, one, two, three, man is gone in couple months, couple of weeks. That infinite God is great but once this little tiny rat finds this human, this little thing gets to Ganesha. You know Ganesha? The elephant God? You know what it rides on? A rat. It's symbolic. Now how can that huge big guy with that big trunk rides the rat? You know what rat is? It can get into any hole, doesn't matter what. You know why we call snake naga? Naga. Naa means no, Gaa means go. Where nothing can go, snake can go in. Little crack, (?). Gets in.

Why the kundalini is called the serpent power? Because it penetrates between, it penetrates between the aura and the arc line and the physical body. Chakras are yours.

**Now we will do a second imagery.** It's called healing imagery. Sit down with two hands, left under, right over at your heart center. Little higher, little higher, there is a space here and funny part is your hands will sit there very comfortably on two pads, there are two muscles underneath and what is that called, **pericardium**? What they call this area, which beats the heart? Something **cardia**

something, I don't know what it is. But anyway it is called **hridayachakra**, it's a electromagnetic field center of the body which eliminates its own projection through which your heart beats. Is that true? It's an electric center doctor? Yeah, it's electric center and when it doesn't work, then we stick there, what they call that stuff underneath? Pacemaker. So we make peace with our body and we cut this damn thing and stick that little machine so that our heart can keep beating. You know what I mean? I pray you don't need that but if you need and somebody hit at your pacemaker you are done. It's not something very difficult. You understand?

**2 minutes: In that area please put your hands and close your eyes and stick your body like straight.** Now follow my directions. Very perfect and hypnotically imagine it, hypnotize yourself. Hypnotize that very small single ray of light it started circling you, one tiny hair-like, small ray of platinum light, white shining, platinum light, platinum light, one tiny small platinum light of the strength of the hair is going around you. Two, make them two, make them three, make them four, make them to cover your entire being, they are all, they are many, they have to be for each cell and they have to be ten trillion of them. Tiny hair-like, tiny hair-like thread going around your body with a platinum light shine and they are ten trillion of them. Now they are moving faster, faster, faster, with infinite fastness, fastness, fastness. They are moving round and round and you want to know what it is. This is exact imagery of Ang sang Wahe Guru. Panch shabad. Five sounds. Keep this imagery and if you put that tape on you got it. Now stick with this imagery ten trillion hair-like thin platinum lights going around you fast, covering you, totally, completely.

(Tape Ang Sang Wahe Guru...is played)

YB: (over tape) and it is Wahe Guru. With every molecule and part of the molecule atom of you. Keep imagining, deeper and deeper and deeper.

(Tape stops)

YB: Thank you, open your eyes. We don't want to do it too much. No charge. But I am not very interested to become divine and I don't suggest you should become very holy either. I tell you what problem is. When you reach a consciousness like mine and if you cannot handle it, it is falling from the seventh sky; higher you are dangerous it is.

So about spirituality my suggestion is be very slow, very firm, very consistent and that is dharma. There is no quick fix for things. I know I worked twenty-four years under the toughest human I can imagine. I mean to say even it is so heavy that his very thought brings shakes to my being. I mean to say, it was real something which I experienced and what I experienced is how much powerful a man can be. But I am grateful I was at that time very miserable. I am not saying I took it very happily, but one thing I did is... that's what I said if you fake it you make it. I faked it that I am very happy to learn it. My environments were bad and I was handicapped because I belong to a very rich family, I was a spoiled brat, I had lot of worldly possessions like wealth and servants and attendants and things you know which comes with royalty and with nobility. But unfortunately when became a student this all went against me. So anything, which is most weird, I was supposed to do. Yeah, it was, really, it totally went the other side, like "Bhajan!"

"Yes sir.

"For forty days clean bathrooms."

"Yes sir."

"And also supervise the kitchen."

"Yes sir."

"And don't try to be late from college."

"Thank you sir."

"And you know something, I promised the orphan school that I'll send them some food at lunch time, in your lunch time can you deliver that?"

"Yes sir."

"Enough. But see it is done."

Two-three days I'll do the whole damn thing, plus I have to study, plus I have to take care of myself, plus I have to practice my football and hockey and all that stuff and in the evening they said, "What you do in the evening?"

I said, "I do this, this, this, this...." I had to explain everything.

"What time you go to bed?"

"11 O'clock."

"Too much. You sleep eleven to three?"

And I said, "Yeah."

(Students' laughter)

"Tomorrow night we will meet 11 O'clock here."

Now we do not know what is happening at 11 O'clock. When we go there at 11 O'clock we will be surprised, we have to have a wrestling match. I mean, how much you can be tired and that 11 O'clock when you are dragging your feet and really if you drop on the bed you drop dead, you are there at 11 O'clock massaging your body with oil and then you are getting into the bout with the





wrestling bout and you know this guy is going to lift you up and throw you like a log, and you got to do something and about 1 O'clock we will be asked to retire and remember 3 O'clock we have to be up again for sadhana. That's what my riches go to me. Everybody else was spared you know and they are poor guys and I am a rich guy, therefore I don't deserve to be, there is no kindness for it because God has been kind already so it was one of the most funniest experience I went through. But I am very grateful to Almighty God and His environments that it gave me the sense, it gave me the sense of that reality to go through it. I say, stay who you are and be grateful who you are and then slowly and constantly as day process and we grow, as we go we grow, just add a spiritual touch to everyday. That's why we read nithnem. That's why we read our banis, that's why we do our sadhana, that's why we do meditation, gradually and slowly we develop ourself into that maturity to that understanding, to that depth, to that firmness, so we can become radiant and our presence may start working and the glow of our arcline may cover our universe. That's the purpose to be a saint. It's very enjoyable. It's very satisfying. It's a fun to be divine and then to deal with divided people, divided identities, it gives you totally different taste. If you do these two imageries by your own command of the word for your own being you will have results very fast.

Now the second part I'll like to deal with you is how to talk. Question is, do you talk, do you speak, do you communicate, or do you intercourse? What did I say?

Students: Question is do you talk, do you speak, do you communicate, or do you intercourse?

YB: What you do out of these four? If you talk you are a talker. Correct? If you talk you are a?

Students: (---)

YB: If you speak you are a speaker. If you loudly speak you are a loudspeaker.

(Students' laughter)

No, no, no, try to, you know what a talker is? You know what a talker is? Just take those two woods. You know those Spanish girls do that? That's called talker. That thing? Whatever that is, that instrument came out of this, it used to be, talker used to be two woods, two hard woods a man will play and send a signal from which we got the Morse code and telegraph. The base invention of telegraph or the Morse code was those two instruments, two hard wood sticks. In India still with those two hard wood sticks they create a rhythm and a dance, I don't know what they call it. But you might have seen on television. It's a perfect rhythm and it's very impressive. If you talk you are a talker. You create sound.

Talker creates sound and if you speak you are in?

Students: (---)

YB: Sometime you are loudspeaker, sometime you are slow speaker. But you are a speaker. If you communicate, what are you? Now you are a communication. That's the difference. You are a communication. It is the worst thing in the world to do. It is so damn worst, because once you communicate you are already out and then you are totally at the mercy of another person. Talker at least you make noise and whether you have understood or not you don't care, you keep on making noise. If you are speaker you are speaking and you are projecting, whether somebody is hearing you or not, it's none of your business.

(Students' laughter)

No, no, try to understand, I did my PhD in psychology of communication, I am telling you the fundamentals and if you are a communicator or you are communicating, then you become a communication. You said it and I'll say you last Saturday said this to me. Then you are at my mercy. It's the worst slavery for a man and once you are caught in this trip, it's miserable.

Do you create an intercourse? Then you will have a conception and then you will have a baby and then you have baby called result and then you have a delivery called fruit. Now repeat it to me.

Students: (---)

YB: You are either a talker...

Students: (---)

YB: Or? This intercourse which word you use for your sexual thing is very wrong. Actually intercourse word was used when you two people totally mentally, physically, personally get involved in speaking to each other or talking to each other or communicating with each other and it was called oh I had a great intercourse with him. Later on this expression got transferred to sexual thing. So it became she had a good intercourse with her man or husband (?), it doesn't fit in that. But in old English this word intercourse was when two people physically, mentally, physically and mentally do concentrate on a subject of understanding. You understand?

So what is this art of communication? Start. Either you are a?

Students: (---)

YB: As a talker what you will do?

Students: (---)

YB: Create sound or you are a?

Students: (---)

YB: As a speaker you will do project. Or you are a communicator and as a communicator what you will do? Become a communication which can be quoted against you or for you, it is the worst form of slavery because you can be quoted on it. You said to me on such and such day, I quote unquote, this is the truth. Therefore the fourth thing is you have an intercourse. What is intercourse? Intercourse is a communication or talking or speaking between two people with complete biological, psychological and mental understanding.

Purpose of communication is to deliver a communication and to create an understanding. Understanding means understand, under, understand, stand under. So it's a control issue. You want somebody to stand under you. If two hundred people will stand under you that will make you a platform and that will give you energy, if two thousand people understand you or stand under you that will give you a platform, purpose of life is to create a platform, to create a platform for the exhibition of your identity. It's a drama. Life is a drama. With all the energy, you make people to stand under to create a platform on that plate, plat we call it, on the plat of that form the display of your identity can be recognized. So the whole thing is based on a drama to be recognized and to recognize you have to organize. To organize you have to initiate and to initiate you have to create called atmosphere. To create an atmosphere you have to communicate. So the cycle is complete.

That's why Aristotle said man is nothing but a social animal because all of you want to create a society, a community, a group, a friend, a circle, a club, a company, a partnership. You want actually to create a relationship. Between two ships you want to create to relay. You know how the ship relays with a light? You know? They send the signal the other man or with flags they relay the messages. Now they do with the vessels, with telephone, what is a telephone? You relay. You live to relay your identity to be identified by another station. We are hue-mann-beings. We are mental light ships and we go in our lanes and we communicate on the way to recognize each other and we call it salutation.

Purpose of life is how many salutations you can count. Neither sex is purpose nor the politics is purpose nor the land is purpose, there is absolutely no purpose. All this paraphernalia is to collect salutations. How many people salute you? How many people recognize you? How many relay to you? How many people identify you? You tell any biggest man on the earth, biggest man, please I want your picture. Just understand, moment you put the camera out the guy will start looking. There will be immediate reaction. Why? He wants to get his identity captured in the camera as best of him. If you can stop anybody just with your camera and just for God's sake if your picture appears in a newspaper you will show it to whole world. Won't you? You like the whole world to know. That's why Guru Nanak said,

“Jay jug chaaray aarjaa hor dasoonee ho-i. Navaa khandaa vich jaanee-ai naal chalai sabh ko-i. Changaa naa-o rakhaa-i kai jas keerat jag lay-i. Jay tis naadar naa aavee taa vaat naa puchhai kay.”

This thing only in a human body Nanak could have said. If your life becomes like the four yugas and ten times more than that, it means your life becomes millions of years, you live millions of years. Hor dasoonee ho-I, navaa khandaa vich janee-America-naal chalai sabh ko-i. In the cosmos there are nine regions, so you are known in all the nine regions and everybody takes pride to walk with you or shake hand with you or know you. Changa naa-o rakhaa-I-kai jas keerat jag lay-I, your name is so beautiful people do kirti of yours, people sing like we chant Lord Raama, we chant the name of Jesus, we do hail Mary's, that is just what it means changaa naa-o rakhaa-I-kai jas keerat jag lay-i. But Jay tis naadar naa aavee taa vaat naa puchhai kay. If you can't see nobody cares for you because you don't care for you, that's why these two imageries I have taught you will give you your own experience. It started with hypnosis. But it ultimately gives you reality. It gives you your understanding. It gives you your basis, it tells you who you are. You know what you are born to know.

So please understand it takes time, it takes effort; it takes discipline and takes desire. But we have lot of pain in our life, pain is because we do not know really, really, really who we are. We don't and pain is because we don't believe Ang Sang Wahe Guru. We say we believe. We think we believe. We imagine we believe but in reality we don't. So that's why I taught you those two imageries, your own hypnosis by you, I have given you the basic of shabad surt yoga, the other I have given you the imagery of sehaj yoga and in communication I have taught you the fundamentals of communication.

Tomorrow is Saturday, you are off, Sunday you are free. And God willing, if Monday comes and you are here we will start teaching communication with opposite polarity that's between male and female and interlock of intercourse in communication and the frequency of body psyche to border projection and electromagnetic field and the wattage in communication and the relationship. Something like this. Is that okay?

So we intend to spend next week on that. I like to use my PhD notes just to share with you what I went through. Yeah. Hey what's wrong with you, you are never around, you used to be all the time around. You are grown up now? Okay that's a private question.

Student: (---)

YB: That's why you are not around because you know it all, that's true.

The purpose of life is to know the unknown by the known and if you can intercourse with the unknown you can create all the elements and the command over elements guarantee you the comforts, it's a simple selfish trip, no big deal. God we use just to cover our image. True. Total physics. It has nothing to do. It's basically our chemistry to create our physical physics in which we can be comfortable. It's just conquering the elements, no big deal. All the spirituality called religion is nothing but conquering the elements. Nothing else. There is no other meaning. Whole life is physics and chemistry, if you really want to know. All this yogic posture and meditation is just chemistry to force your glandular system to secrete so that the glands can guide and guard your health and all this pranayam and all this meditation and all this is to expand and contract you at your will and control the elements, that's all. Beyond that I don't understand there is anything to it and once you control and experience the elements you know the Creator of elements and that's it. You call it God for convenience. No big deal. Yeah.

Student: (---)

YB: You raise your hand.

Student: (---)



YB: Sehajyog. I think you should start with thirty-one minutes but my fear is that if you get too much into it then time you will never know. I remember one of my colleague used to do that and he used to start about 8 a.m. next day when you will come he was still doing it and then we have to put lot of oil in his head and massage him out and beat him up and bring him out and then when he becomes normal we feed him and he is happy, then he picks up a stick and beat us all up. Why we did that? So I mean, everybody has his own projections. So I can't say how much you can do. But I will like to remain within about thirty-one minutes limit and after that I'll like to create a big alarm or something neurotic to get out and shake up and get out as much as I can. It's very intoxicating. Extremely intoxicating and it should be slow, it should develop very slowly. Yeah.

Student: (---)

YB: It means you will speak and you create a lot of projection but it's not an intercourse. You know, in our life there is one thing very badly missing, we are never mutual. We talk, talk, talk, we don't listen, and we say things we have no other person thought into us. The whole thing is false, we just want to hunt on each other, control each other, subject each other, we are not trying to be objective that, okay, this is how I feel, how you feel about this and do what you say, what I say, we say, I say, I say you say, I say, you say, we say, when it becomes to we say it's all done. That's called intercourse. I say you say you say I say I say you say I say I say you I say you, you say I, and then it becomes we, then we say, that's it, that's how communication should be established. So long I say, I say, I say, I say, or you say, you say you say we are fighting. It's a polite disagreement, fight, in difference. It's not real. Waste of time. Waste of the most precious gift, life.

You must be talking too long, too loud and too intense. That's why we say don't lecture. You must be speaking, then they call you are speakers, speaker's lecture. You want to know how people lecture? Well, hello, today we are going to talk about science of communication and understanding and projection and we are trying to make us understand these words we speak and the things we say and you will never know after fifteen minutes what the son of a gun is saying and you will be just... you will just freak out. It's not, it's just one-way traffic, goes on and on and on and one is here. Whether you listen or not, nobody cares. Other is flat out. Communication is flat out, no protection. Very serious. Worst of all. Yeah.

Student: (---)

YB: Well, in intercourse there is an understanding, there is no pain, there is no conflict, issues are solved. In anything else issue remains the same.

Student: (---)

YB: Well, I like to control you and you like to control me and when we both know we have controlled each other we are happy. Isn't it? But when we know I didn't get you, you didn't get me, all it means is that we are faking. So everybody is faking with everybody. Husband fakes with wife, wife fakes with husband and first of all, wife is a wife, if she does not have two letters in her life. Why and if, if she can't drop them she is not wife, she is a woman and he is a man. Man is married for purposes defined or undefined and man is married to a woman. Woman is married to man. There is no wife. If she has if, wife, Why and if, why you are doing it? Mind you, if you do this, then forget it. Actually, all the relationship here is between man and a woman with their identities, unmerged identities, absolutely independent. They are not we, they are not together. Guru says, 'tann phirey na akhiye ben ikathey hoye. Ek joth moorthi tann phir kahiye soye.'

Don't call them great who sit together, who get together, who sit together, who are together. They are not great.

'Ek joth moorthi tann phir kahiye soye.'

If two bodies have one soul, they call them great. You fight for two dollars, you fight for attention, you fight for one piece of stamp of rose. I have seen people insulting me and abusing me and rudely talking to me and provoking to the point that I have to cut my tongue most of the times. I mean, they are so rude and so stupid and so insulting but I can't say a word because once I say a word it shall happen and I am so scared to death of that and in those years when I was going through that hell I had a bleeding tongue with lot of cuts. Just not to say it and put the tongue in my molars and I'll sit tight. And you call it relationship you called it a marriage, you call it friendship, you call it, I don't know what you can call it. I just never understood it. They judge you, they blast you, they question you. They shut you up. They do so many things. They complain to you always.

A normal wife will normally say where you have failed. I mean, that's the guaranteed relationship of a wife. When a man comes home she has a list like grocery list, this is what you have not done, now that idiot has gone out, I am not covering men, normally you blame me for that and he has hustled with the whole world and he has lied to the whole universe, he has come back home just to be a macho, I am not saying he has come back home to be humble and duck with no feathers, he comes home to....

(Students' laughter)

And first thing you say, "Did you remember I told you to bring soap from the super market on your way coming home?"

He says, "Did you ask me?"

"Why don't you John remember these things? Now we have to go up again, I have to do my laundry tonight, what are you doing? It was one minute, you know you could have just exit that and taken that and come back again. Fifteen minutes."

You remember that? No? Or take the scenario. "What's the matter? Would you speak?"

(Students' laughter)

"Oh what happened?"

"Nothing." And then he says, "For God's sake speak, you."

"Call me bitch I'll call the police."

(Students' laughter)

"You abuse me, you call me bitch."

"I didn't."

"No you called me, you are going to call me, isn't it..."

(Students' laughter)

Or, "Speak to me."

"No, go to hell you bitch!" Bang! And there he is out, purrrr.... The car is gone. He'll come 3 a.m.

(Students' laughter)

And idiot woman then will get up, take off his shoes, put him under quilt. But why the hell she doesn't start that way?

Women are funny creature because they have two brains. They are unable to decide what to do with what.

(Students' laughter)

And men are the worst, they have one brain and they do not know and never have figured out why the lost one? So you know it's going on.

(Students' laughter)

It is going on. It's a real fun. Yogi sits and watches the world and passes his time playing and seeing the divine's play. It's best and broad way. Aaha, you really enjoy it, two people hornung each other and locking their horns and it's so ridiculous. I enjoy the most of all is when somebody says I have a question. Yes. I mean, personal question, not this question, knowledge question, personal question, what a waste of time. Out of many blissful lives you work hard and parade to have one glimpse with me, one glimpse, that's all you were sanctioned and at that time you ask a personal question, is there any more wasteful stupid on the earth in the human line and lineage than you? I have seen most priceless, precious life wasted discussing me as a human being.

There are three categories of people, who feel they have come as the soul and to enlighten themselves and they feel the opportunity that they can be served, their soul can be served. There are other people who feel their mind can be pleased. Third, who feel their body can be better, fourth, who can waste my time and their time. I have met four categories of people. But it's a fun to watch. And now there is a new propaganda going on. I am a great spiritual teacher but as a man I am failure. Something like that. In the short time he doesn't know what is going on. He has no experience and in the long range he comes out to be true. Something like that or they say another thing these days, you know. There is no use talking to him. If you even talk to him in bedroom and living room or in classroom it is the same. Well, you take Siri Guru Granth in bedroom or living room or in a Gurdwara it is going to exactly say the same damn thing. Because all it has to do is to carve in you the truth. What's the relationship between teacher and student? Between a chisel and a stone. It creates a spark. It is the job of the hammer and the chisel to chip you out to give you a shape. There is no other relationship. It's a tough relationship. What chisel and hammer does to the stone? Kisses it? And then creates out of an elephant? How many times that happens? It's practically not possible.

Somebody said, "I am not coming around you these days."

I said, "What's the matter?"

"Oh I feel very insulted, very hurt."

"Oh yeah? Sure. What do I lose?"

That's why I say it, it will take couple generations when you will even understand the meaning of a teacher. You are habitual to a preacher, he gets on the pulpit, he says his lecture, he says good things, he covers and chocolates it with word of God, you feel very happy. You have spent one weekend with the God and the Guru, game is over. I mean, I am talking of those guys who never have seen those cities, and they never know who they are. I end up on a telephone I say so and so pack up and go. God will take care of you. They went, they settled, they prosper. And now they say oh he has gone insane. The maya has totally blinded them. Middle-age crisis has totally made them go berserk. What bothers me is that first they were one and now they have become two, now they are three, four, five, and there is two innocent things or four innocent things is life, part of them, those guys do not know even, like me what is the difference between the freeway and boulevard.

When I came to America I didn't know that too and neither your children know what shall happen. And all you are doing is bombarding these little innocent people and leaving them not alone. Pressuring them like in hell. Get A grades; grades, grades. You who are after grades your own children will grate you like a cheese is grated on that damn thing.

(Students' laughter)

You will get grades through these children that you will even remember it in your graveyard. You who treat them like furniture, you who treat your own children like nothing. It's funny, a little child, they don't even identify him as a new innocent life. It's angelic. Couple years they hug and kiss and all that. After that oh my God! Unbelievable. Moment the child is about seven-year-old grades. I have seen parents jumping with their shoes, "my child has all the A's. Look at his report."

I saw it, English this, this, this, I said well, this is educational report."

"Yeah. He got straight A's."

"Oh it's fine, wonderful, but where is the personal report. Where is the spiritual report? Where is the manners report? Where is the functional report? Where is planning and projection as strategy report. Where is the inter-exchange report?"

"What? What reports?"

I said, "What is this? This is report. There are lot of facets of this child, there are other reports. Where is the parental report?"

“Parents have to write a report?”

I said, “Yeah, you have to write a report, what time he gets up, what time he goes to potty, how much time he takes taking a bath, what types of baths he likes...”

How many of you whether your child likes cold bath or hot bath or like to swim in a pot or like to be massaged while doing, how much you know? You don't know a thing. How many of you have watched whether your child gulped the food, chews it, how many of you have understanding that he puts proper saliva with every bite to his stomach. You so called parents. Aren't you funny? How many of you have taken care after taking a food, child does something to digest that food. All you know is when you are annoyed or angry time out and if you are happy he is doing the same weird thing and he is timed in. You biscuit parents! All you need is a biscuit of your emotions and you treat children like puppies. God bless you. And this is about when he is seven years to eleven, fifteen, when the child becomes sixteen, seventeen, eighteen, I can't tell him anything. He doesn't listen to me anyway. Now he is a man or a woman by his own right. What an escapist, what a fraud you are! What are you doing to your children? You ever understand that? That's why you don't like me, I can't treat my children like that.

I want to know, what time you get up, how was your sadhana, what is the experience, what are you doing today, what happened yesterday, what happened tomorrow that I know, I don't have to ask and you get scared with me. Big deal. And when children get up great, big, they have families and everything then you have one meeting called family union. Wow! What a wonderful creature you are. You call it society. How can your children can ever learn confidence and manners when you go visit places or people and you leave them with a babysitter? All they experience is a babysitter who just wants to have three dollars an hour and she is cursing herself and wants you to come home and take care of your kids and you expect these children to learn manners, how to behave with the society, how to become successful, because you don't have a time to train them to go to somebody's house and they don't make riot and noise and all that. You don't. So you decide the cheapest way. Hire a babysitter, stick them in and you go have fun. You go to movies, you can't take your children to some movies. Why you go? And then how funky you are, you say I am going to the movie, it's not for children. Look at you jerks. You tell them it's not for you, it is for us. They say, 'Wait a minute! This guy, Let's grow up, I want to punch his face. What is the name of movie? I am going to buy this in a tape I am going to see it because they didn't take me.' You create vindictiveness and vengeance right there. Distrust, abuse of power. You don't have time to explain. When the sex scene comes you just put your hand on the eyes of the child, but why don't you not explain? What's wrong? They are going to do that anyway. Why don't you let them know?

Three types of parents. Spaced out, escapees, and control. You have three versions. Some are affectionate, loving, educationist, encouraging and inspiring, they put themselves into their children and they live through them in their future. You think I don't know? I see you all the time doing things and you dodo so good dodo I don't say what you do. 'Time is to wakeup, time is to take precious control of your precious future. Time is to create saints and sages. Time is to create ten times better than you. Time is to invest. It is the time and time is now. Understand?

Students: Yes sir.

YB: Time is now and now is the time to go. May the long time....

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

YB: Sat Nam, have fine time. Have fun.

(Tape is played)

... According to the bylaws of heavens I should not have been here and I was not going to be here. So we made arrangements. Within that time when I was to go for my surgery from which it was not expected to come back and it all was a miracle of Guru Ram Das that all that huge situation got into be nothing and they took a second angiography and they found out it is very minor thing and other things have taken care of themselves, instead of one right artery three arteries have taken place and something, they were talking mumbojumbo but fact is that two days later I was out.