

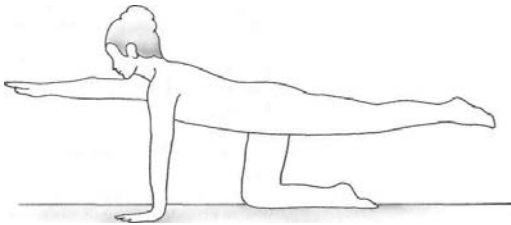
KB053 841107 Unknown Cause of Sickness
KYB053 840711 Balancing Life (Prana & Apana)

People used to understand that there is praana and there is apaana, and the balance of these two energies makes a person a success or a failure

"God gave you the body with praana and apaana. Apaana are there to eliminate negativity. People who have strong praana and do not have equally strong apaana are very cluttered people. They do not know how to eliminate things and elimination is very important. It is the balance of praana and apaana which creates the power of the Sbiuihinana, the central being, the equilibrium being. The Supreme being will awaken in you only when the praana and apaana both work together. One gives the power and the other eliminates negativity; all you will be left with is the plus."

To test the praana/apaana balance in yourself: balance on your hands and knees and then lift your left arm out straight and, at the same time lift your right leg out straight. Then change sides to test the other side.

"Whenever apaana is not working and praana is perfect, you do not act right. Doesn't matter how intelligent you are. And locks in praanic energy are very, very valid, but locks in apaanic energy are very subtle. If you cannot balance your body (in this posture), it means that your apaanic Shakti, the eliminating force, is not in balance. It is weaker."



1. Come onto your hands and knees and raise the left leg up and raise the right arm up straight in front. This posture -will balance and strengthen the apaanic energy. 3 Minutes. Change sides and continue 2 1/2 Minutes.

2. Stand on your knees -with your arms straight up over your head. Stabilize yourself by drawing in the navel point so that you can feel the tops of your feet pressing into the floor. Lift your chest and bend backward, stretching away from the lower back. Begin to move your arms and neck in a circle; your shoulders will move but your knees will not move. This is SobagnL Kriya, the kriya of virtue. 2 Minutes.

3. Sit down and stretch your legs out straight. Grab the bottoms of your feet and bend forward, resting your upper body upon your thighs. Hold the position for 2 1/2 Minutes. At this point Yogi Bhajan played the gong. Remain in the position, concentrating at your third eye point for another 2 1/2 Minutes.

4. Lie on your back and deeply relax every part of your body, while you project your energy out of your third eye. 6 Minutes. Yogi Bhajan continued to play the gong during this meditation.

Lecture

I am trying to reach you with a point that you should learn and practice Kundalini yoga. My idea is not to change your lifestyle or do anything. But I am a kind of a person who is sick and tired of your weaknesses and of your Americanism. Because the problem in fifty years I have found out you are mentally sick. And it is not that twenty percent of you is sick. I am feeling eighty percent of you are sick. Twenty percent of you are trying to be sick. I am getting convinced. Because the way you are mentally living and way you are mentally making choices. As a nation we have decided who should be our President yesterday. We should respect. But issues were very clear. You did not vote for issues, you vote for commotions. And you are going to suffer and my prediction is going to come true. The next four years are going to be harshest years and it will take America from 1994 to 1884. Now there is no returning of the events. Fate is set and I have my own feelings if you have your feelings how the life moves and how it goes. All right Reagan has won. He has created millions of jobs for you Americans. America is getting strong, It is going to have a new MX missile and all that. I want to tell you, every penny which is being spent on the American defense system is making America more vulnerable to a war and more weaker. We used to be thirty six minutes away from the atomic war, now we are only six minutes away from the atomic war. We have even lost the time to verify. As far as our national security is concerned, every city in United States can be bombarded with nuclear warhead within the twelve mile parameter of the United States. That many Russian Submarines are circling United States twenty four hours a day. All Mr. Reagan has done is taken one trillion dollars as a national debt for which approximately he has to 92 billion to 93 billion dollars in interest alone. And that got him into the White House. I am not discussing politics here. I am just discussing the facts. Nation decided with a landslide they want him as nation decided with a landslide they wanted Nixon. I am not Republican, I am not Democrat here. I am just trying to tell you that one person who yesterday gave comment. He said, "Why you voted for the Republican?" He said, "All my life I am a Democrat and I am poor. Republicans all are rich, I want to be rich. That is why I voted for the Republicans." It is fascinating concept. The problem which you don't understand. The problem is, we are genuinely intelligent people, we are very human. But our main problem is, we are extremely emotional. And our emotions stir decides our life and not reality. And this is what is coming to head. Now, America has to live four more years under that national debt. I think anybody sitting here does not know the pain of it. You do not even know what a national debt means. National debt means no money in government trading. National debt means interest to be paid and that means if the interest, national debt interest is not paid, there is no guarantee, whichever government has given us as guarantee means a thing. Like in India. Civilization collapse for thirty six hours. Look what has happened to that country. How many innocent people have been killed, just for no fault. Just in New York for twenty hours the electricity failed. That is all. The electric, not the police failed, not the army failed, not the American government failed. Just twenty hours there was no electricity in New York. Everything got looted. So those of you who are relying that government is going to take care of you, and government is going to come through and this police garbage takes this twenty mile area and patrols with a smile. If that is your security, you are living in a dream world. Time has come when you must work hard and protect your own environment to the best and you cannot protect gracefully then time has come that you must be prepared to die gracefully. That is where America is heading towards. And it will be up to each American how he wants to prepare himself for things to come. And I want you to clearly understand once and for all in your head that is how it is going to be. Today we are working on those area which are called unknown

cause of sicknesses. Whenever the apana is not working and prana is perfect. Whenever the apana is not working, prana is perfect you do not act right. Doesn't matter how intelligent you are. And lock in the pranic energy are very, very valid, but locks in the apanic energy are very subtle. So, I would like to let you know how it is with you. Sit in a cow pose please. Thank you. Take your left leg and raise it up. Raise it up. I mean, when I say raise it up, I honestly want you to. You may not do it. You can do like this. If you want to do yoga with me, you just do it, try to understand what I am saying and if you don't want to do it, you don't have to participate. I am not here talking twenty dollars a class and I want to touch you and feel you and go around you and I am not your psychotherapy, in charge here. I want to teach you just pure yoga and please remove your right hand and put straight and balance your body. Now don't bring your leg down, that is why I made you to put leg first. That is where the key point is. Keep your leg where it was to begin with and raise your right hand and make it go straight and keep it straight and balance your body. If you cannot balance your body, that means your apanic shakti, eliminative shakti which takes away you is not in balance. It is weaker. It is as simple as that and stay there and think of proposition 19, proposition 32. Yeah, sure. Think what is four years going to be. Think of everything. Did you see how happy Mondale was and remember what he said, he said, "America made the choice. May America live with it." That is it. That is all he said. He said, "America made the choice. May America live with it." My dear Sirs, just balance it out. It is a simple therapy. It has nothing to lose and nothing to gain. It is no big deal. You mighty Americans, super power of the world. Balance yourself. I mean to say there is nothing to diagnose. It is right there between your one hand and one leg. Don't you understand. The problem with me is if you do hatha yoga it will take you eight years to first balance cow pose and then cat pose and then finally you will try this. After twelve years you will be already old enough to go to the graveyard. Better you know now that things are out of balance and try it for God's sake whether you like it or not. It is not going to happen like gilly, gilly come and everything is going to be okay. Fact is that things are out of balance and I am not telling you an exercise which I didn't do myself this morning. I know how painful it is to balance. Very good. Change your leg and change your hand. Now see if it doesn't hurt. This is not an accounts section it is called Kundalini yoga. Sopurkh put your hand straight and leg up and try to do what you have to do, stretch it out. Come on, come on, look at these little girls. They were doing all right, somebody disturbed them. These moms are there. Oh. Come on, do it. Don't worry what she says. Good. That is okay. We are not saying anything we are just telling you what to do. Who are you to tell us what to do. We know all. Then balance it if you know all. Come on, try it. Last night two o'clock somebody called. Is Yogiji teaching class tomorrow morning? I said, "If not then you get up nine thirty, if yes then you will get up early in the morning and be there." "I think so". And person was so drunk I couldn't believe it. Totally drunk, but did remember that tomorrow is Wednesday there is a class or not. And nobody with that kind of drunkenness can come early in the morning. I know it, but I am very grateful for that call. It was very timely. Let the body shake, let the navel point adjust you dumbs. Come on let us pull it together our scene. You know what you are walking with? You are walking with an atomic bomb in your belly button. Going to bust you out any time. Just work it out. Okay relax. What happened? Okay, now, now, now. You know we are Christians to begin with in this country, let us see how good Christian we are. Stand up on your knees please. Okay. Put your hand up straight and bend backward. Just the body, the hand, not the whole system. Make a circle while standing on the knees. Don't move the knees. Just the neck, just the hands and go the hands with the neck. As the

neck goes the hand goes. When you cannot handle you can't. I am not asking you to produce a miracle. It is called Christian kriya. What name I can give it. It is called sobagni kriya, the kriya of the virtue. Sobagni kriya, just where your neck is you hand moves that way. When you cannot handle come forward but go back again. Today everything is oh, oh, oh. Try to allow yourself that balance which you have already lost. Bend at the navel and let your hands be going backward as your neck goes. You honestly believe the upper shoulders have no value at all. I can well understand. But they are very important. Okay very simple. Sit down. Stretch your legs. Stretch your legs and stretch them straight and put your hands under soul and bend and put your chin between your legs. Come on. And stay there and think when you were young what you used to do and what happened during the years. Steak and potatoes, and vodka, look around my dear, your own back doesn't bend. You want to bend the whole world, except yourself. It is called super ego alternate. The whole world must bow to you and you can't even sit. Think when you were children you never knew where to poop and pee but still you could bend and now you know everything except to bend. Come on, try your best. And if you know how to bend try to figure out where you lost the technical knowledge. Sleep there and now meditate that and I will play the gong and I will just let you enjoy it but you keep where you are. Think about your tough, stiff, egomaniac little back. Double cheese enchiladas. Concentrate now on the third eye. Please lie down on your back, relax your feet. Relax your ankles. Relax your knees, relax your thighs, relax your waistline, relax your rib cage. Relax your neck. Relax your head muscles, hand and arms. Concentrate on third eye please effectively. With each stroke balance let your body project out of the third eye.

Blessed God we pray for the souls of the innocent who were slaughtered, murdered, tortured, through inhuman experience because they had a faith, love of their guru and that of the God. As for indication the slaughter of the innocent is prelude to the destruction and destruction of those who have made and polluted this earth. Let there be no misunderstanding, the hand of God is being forced to act to eliminate the voices and the monsters negativity which the man has created on the earth. May Thy hand protect those and bring them to peaceful death before the tragedy occurs. May Thy hand protect and provide their consciousness and their acknowledgement of Thy love for them. May their souls not wander and be received in Thy lotus feet. May the virtue of the grace of God protect all those who have excellence, providence and purity to serve others in Thy name. Sat Nam.