

SUMMARY MEDITATION:

The moon is for expansion. The sun is for completion. Birth and death relate to the sun. Maintenance,

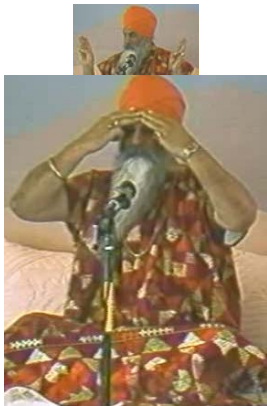
**AB JAN UPAR KO NA PUKARE
PUKARAN KAU JO UDAM KAARTAA
GUR PARMAYSAN TAA KAU MAARE
NIRVERE SANGH VER RACHAAVE
HAR DARG OHO HAARE
AAD JUGAAD PRABH KI VADI AHAI
JAN KI PAIJ SAVAARE
NIRBHAU BHE- I SAGGHELE BHOO MITI-AA
CHARAN KAMAL AADHAARE
GUR KE BACEN(E) JAPI-O NAANAK
PRAGAT BHA-I-O SANSARE**

expansion, growth, color, shape and form: all that is moon. But the moon by itself has no power; it reflects the sun. And sun by itself has no power; it needs the moon. Do you understand the rational part of it? The irrational part of it is very simple. Let us experience that.

3 minutes: I just want to tell you how your body can create havoc it does not fit in. (The thumbs press upward on the respective cheekbones and the fingertips meet to form a bridge shading the face. The elbows are relaxed down near the body.) And now close your eyes and **sing the song of the noble woman. (Class sings**

"Nobility.")

You sang that song, you understood. Relax. And you have understood it better than you ever understood it before. This is how the body fits in.



7 minutes: Now understand another situation. (Touch the little finger to the thumb on each hand. The other fingers are extended and joined.) And take these other three fingers and put them on your forehead. (Palms facing in toward the head.) **Put on the tape Bhand Jameesai.** The three fingers must touch the forehead right in the center. See what it does to you. These are certain things, which you don't do, that you have to do.

7 minutes: Now, I'm just telling you about the body energy and focal points and how the chakras work with the tattvas and how the tattvas work with the gunas. That's the basic woman that we have to understand. Please place your hands as if you were pulling something very heavy.

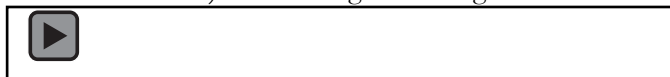
(Make fists of both hands. Extend the right arm out to the side and up at a sixty-degree angle with the elbow straight. Bend the left elbow and bring the forearm up across the front of the body at a sixty-degree angle. Pull it back as if stretching a bow). **Play Ab Jan Upar Ko Na Pukarai.** These are things you have recited over the years and I'm just telling you how, with a body posture, the energy flow and the direction of things can change. Get into **archer pose while sitting.** Now make the archer pose tougher and tougher. I'm going to give you certain exercises, certain kriyas, which have been kept extremely guarded and secret and have not been given to humans because they are not considered worthy. But the faculty of the word and the befitting posture of the body can create the divine impact.



16 minutes: Take **Bibi Bani's Mere Man Lochai** with Aad Sach Jugad Sach interspersed. Now lock yourself. (Grasp the top of the left shoulder with the right hand. Bring the left arm under the right arm next to the body and grasp the right shoulder with the left hand.)

You know the greatest problem with a female is that when she confronts insecurity, she gets a headache. Insecurity in woman means a headache. Otherwise there's no headache for a woman. She's not made to have a headache. A secure woman can never have a headache. It is a biological, physical phenomenon, which represents a tremendous amount of insecurity. When you are very insecure about something or you have a headache, just feel "Happy am I, healthy am I, holy am I" and it will go away. It works like Tylenol.

Close your eyes and let us sing and see where we go. Tighten the shoulders. Tighten the grip. Sing it really from the navel point. We are just experimenting. It is no big deal. (Class sings Meraa Man Lochai.) You have gone through this. Please relax.



AB JAN OOPAR KO NA PUKAARAI

Now, no one complains about the Lord's servant.

Whoever tries to complain is destroyed by the Guru, the Transcendent Lord God.

Whoever is hateful against the One who has no hate, shall lose in the Court of the Lord.

From the very beginning of time, and throughout the ages, it is the Glorious Greatness of God, that He preserves the honor of His humble servants.

One becomes fearless, and all fears are taken away, leaning on the Support of the Lord's Lotus Feet.

Chanting the Name, through the Guru's Word, Nanak has become famous all over the world.

LECTURE

.... You, I mean don't you understand that you have to learn that and you should have that mobility, no, no?

Students: Yes sir.

YB: I understand young girls are not happy. Okay, you are all not happy to do that?

Students: (---).

YB: You don't want to be with the wolves and with the mountain lions, and with the rattlesnakes and all that? Hey, it will be a fun and you will be very lucky if rain all these days.

(Students' laughter)

Oh yeah, it has started happening, all right.

You know you ladies do when you want to do something. Wow, oh it is that (?), that's why the (?) this is and you know why these are, to break the water pressure when you move it is flat and pressure is direct, nature, you will see nature, nature is mutual, adjustable, understandable, when you don't have a understandable, mutual nature that's where the pain of life starts. Hey, thanks.

You are okay, you know you are okay doesn't matter you.., wait a minute, wait a minute. My God look at this stuff, no it is that amethyst (?), be careful, these are the letters, this is the (?), come on Mukta move up, where are you, you write wonderful and it is true too. Birthday is celebrated by party and specially people are from Washington, do you get a party. Ravi Indar, thank you, this is, this is, this one, this is we are invited to a party. We are invited to a party to hacienda-e-Guru Ram Das on main Ashram building Espanola, Espanole, Siri Radha Kaur Khalsa and Dr. Bhai Dayal Singh Khalsa, any, any of the host here,

Student: (---).

YB: Oh you are inviting to all these guys?

Student: (---).

YB: The whole thing?

Student: (---).

YB: Oh you mean that is saving grace?

Student: (---).

YB: Well we'll come then.

(Students' laughter) Are we ready?

Student: (---).

YB: Where we are at? We are at to go out tonight become solider woman, change our frequency not only to (?) self-defense, but defending others. Solider is not who defend himself, man is one who defends himself, solider defend others, saint saves others and solider defends others, saint serves others, solider protects others, that is where Los Angeles police got that insignia to serve and to protect. Santa Sipahie, that is the literal translation is to serve and to protect. Solider protect and saint serves, moment a saint stop serving and start commanding, manipulating, doing this, doing that, he loses the sainthood, you understand that. And moment a solider start protecting himself he is no more a solider.

So tonight you all in spite of the fact you like it or not is going to turn yourself to be solider to protect the interest of all the universe of yours whichever it is. It is a well elaborated, well layout, there will be lot of mistakes, I am not saying there will not be. Then there may be incidents and may not be any accident at all, we'll try to provide that focal to you but just understand it is one chance of life where you have to act in that absolute rhythm in which you want to live.

As a woman you have two qualities to perfect-to be a saint and to be a solider, to protect and to serve and it is not Los Angeles police logo or it is a Khalsa logo, it is the secret of every powerful prosperity and success. By service you can win every heart, by protecting you can win every head, the game is between head and heart, you understand.

All right, whenever we see a gem, a diamond, a emerald, name it, a sapphire, only those stones are considered gem qualities which light is see through. As the grade comes down of the gem qualities so comes the price, do you understand what I am saying. Exactly a woman who cannot be see through in her color shall not be rewarded with the respect of life. Reward is not the richness of life and the richness of the earth, reward is, reward is how fulfilled and rich you feel with your life. You do think if there is a money it's all done, not true. Many rich people are more suffering than you think of. You think if you have all the facilities you are in good shape, that is not true. If your soul can project the brightness of it and your mind can portray it and your body can fit into it you have found the secret of happiness. Now explain to me in your words what I have said. Your mind project the gem quality of that light of that soul, your mind portrays it, and your body....

Student: (---).

YB: No fits into it. If body does not fit into the portrait of the mental.... You know you can be physically very comfortable, mentally very agonizing. When a woman is uncomfortable physically to a man he doesn't care, but when she becomes mentally agonizing he can't stand it. His mental capacity is very, very cut short and low, his physical capacity is more than a woman, his mental capacity is much, much less than a woman. When you start doing mental agony projection, mental agony...

Students: Projection.

YB: Projection to a man you have already destroyed the relationship.

I tell you if you have the most beautiful relationship with a man just try to tell him twice a day, I don't understand you, just, just out of nothing twice a day. After a one month you will receive the divorce papers and without question, that is how reactive, angry, shallow, mentally non-tolerant the men are and by nature, nothing you can do about it. All men want to hear his right, absolutely right and it is perfectly right, if it is wrong you bitch, you dog, you this, you left, you right, you, where are you from, what you did, oof. If it is not right, if it is not right you are wrong, if it is right see how he managed it, you go through everyday, isn't it normal?

Now these are things you think oh that is a human being, I am a human being, what is the difference, difference is that you do not ripe fruit in the moonlight, that is the difference. Moonlight is not sunlight, that difference lives, it is a living difference, it has to be recognized. You put something out in the sunlight it will never burn, it will never, never, it will ripe up, right in sunlight you put something it will ripe up, then what? After a while it will start rotting, correct. You put anything in moonlight it will absolutely, mostly stay and then it will wither away because the moon is to expand, sun is to complete. The birth, the sun, the death, the sun, maintenance, expansion, growth, color, shape, form all is moon, but moon by itself has no power, it reflects the...

Student: Sun.

YB: And sun by itself has no power, it needs the...

Student: (---).

YB: You understand that, the rational part of it? Irrational part of is very simple and let us do that. Certain things, certain things, I, I just want to tell you how your body if does not fit in can create a havoc, those are the experiment, you understand what I mean and watch this, take this thumb and put them under this, this is called cheekbone, yeah.

Student: (---).

YB: Under this in the cheekbone and just lock it like this, bridge it. You look pretty special, you are looking something in the whole world right. All right, just, just sit like that and now close your eyes, all right and now sing the song of the woman, what is that noble woman.

(Students: Singing 'Noble is the virtue....')

YB: You sang that song, you understood relax and you have understood it better than you ever understood before. It is how the body fits in.

Now understand another situation; take these two fingers Mercury lock it with your ego, and take these three fingers and put them on your forehead,

And put that tape 'Pand Jamihay Pand Namiyae Pandakar...' hurry up.

Shock, the three fingers must touch the forehead from this lining to this, right in the center, yeah touch it, see what it does to you. These are certain things you should do it not that you have to do it.

(A wrong tape is played).

Wait a minute, hey that was different, is that all right.

Student: (---).

YB: Okay.

(The tape 'Pand Jamihay...')

(The tape stops.)

YB: All right wait, wait, wait now. I am just telling you the body energy and focal points how the Chakras work with the Tattvas, and how the Tattvas work with the Gunas, that is the basic woman which we have to understand.

Please take your hand this way as you are pulling something very heavy and pretend to be pulling got it pull, pull, pull, pull...

Put that 'Aap Jano Par Kohina Pukray....'

These are the things you have recited in the years and I am just telling you with a body posture, with a energy flow, and a direction how things can change, ready? Na, na, she is... Correct, my hand is this way, you are.... Get it into a archer pose while sitting.

(The tape 'Aap Jano Par Kohina Pukray....')

YB: (Over the tape) Louder.

Now make the archer pose tougher and tougher and tougher, standardize, make it tough.

(The tape stops.)

YB: You have seen this. I am going to give you certain exercises, certain Kriyas which has been left and kept extremely guarded and secret and have been not been given to humans because they are not considered worthy, but faculty of the world and befitting of the body can create the divine impact such as take Bibi Banis Shabad Hazare Mera Maan (?) and with Aad Sach Jugad Sach, which is entangled, remember that.

Students: Yes sir.

YB: Remember that, all right now, lock yourself in a very closet form, lock your shoulder almost this is a, this is the posture, both shoulders, both shoulders..... You know the greatest problem with a female is when she confronts insecurity she gets headache. Insecurity in woman means headache, there is no headache for a woman, she is not made to have a headache, a non-insecure woman can never have headache, it is a biological physical phenomena which represent tremendous amount of insecurity. And when you are very insecure for something or you have a headache, just feel happy am I, healthy am I, holy am I it will go away, it works like Tylenol. All right, just, just load it, load these two sides of the shoulders and close your eyes and let us sing and see where we go.

(The tape is played).

(Over the tape) Tight the shoulder, tight the grip please, sing it really from the navel point, just we are experimenting, no big deal.

(Students: Singing '(?)....')

Side – B

(Continuation of song.)

(The students stop singing.)

YB: You have gone through this please relax.

If body does not fit the mental projection then the system is short-circuited, it is not complete, it is not realistic. You cannot achieve effectiveness. And in life the success comes through effectiveness, planning is all right, projection is all right, but effectiveness is what is the game, when you feel insecure, or you feel depressed, or you feel jealous, or you feel angry, or you feel activatingly argumentative, or nothing suits you, it is all in your mind, nobody is putting you down, only somebody is challenging, something is challenging. Either it is the space, or a person, or the time, or the environments, but if you project on you the effect of it and do not want to surmount it that is where you feel handicapped. Handicapped woman is a handicapped woman, I don't have to explain to it, but what I am trying to explain to you that virtue is with you, if the mental projection and the light of the soul and body befittingly represent it game is won.

Now I have asked you different postured, in those postures I have asked you to sing something you normally otherwise sing, but in this beautiful physical postures, that is why in, in, in the Asa Di Var there is one line which is very important Kar Aasan Ditho Chaho, God sat in a posture Kar Aasan, God sat in a posture Kar Aasan Ditho Chaho, He saw the happiness of the world. Must remember you are not only who get bored God is very bored too, if God would not have bored why should have created you, ask me, He wanted to work, so He created first subtle bodies, radiant bodies, and all those ten bodies, finally he decided it doesn't work. After five failure of experiments He started creating human bodies inferior, very underworld on the earth flying and finally He came out with a human body which was in the very image of God.

You know the religion has taught you find God outside you, that is a wrong religion, every religion has taught man wrong, the purpose was the same, they wanted your money. PTL, means praise the Lord and PTL means Pass the Loot.

(Students' laughter)

It works the both way. What happens is that now every religion, there are twenty-two religions, eight major religion in the world being practiced by millions of people and they all teach you one thing-find the God, be with God, praise the Lord, (?), no, actually the religion tell you is, you are God, God dwells in you, take the responsibility, take the responsibility that the God dwells in you, do not find God outside, don't. (?).

Student: (---).

YB: God has been found inside with...

Student: (---).

YB: Aah.

Student: (---).

YB: (?) Antar Mahe?

Student: (----).

YB: Yeah I have been, I have been left out to find God outside, Guru has made me to find inside, within my own home, that is your body, that is your being. I am very surprised, I have to confess something to you, I am very surprised how the religions have been tolerated by the mankind to go out and find the God and making people to believe that they should find God outside which is a most ridiculous thing. God made you in your own image, God is within you, deny it or accept it, that is the name of the game. Deny it...

Students: Accept it.

YB: Accept it, if you accept it then you follow the line what Guru Gobind Singh said Ang Sang Wahe Guru, with every limb of mine God is, then purity belongs to God, and victory belongs to God, because once God is inside you can see through everything in God's light, there shall be no defeat, there should be no chaos. Trust God which is the owner of the earth, don't trust earth which has a different ownership, do you understand?

And now with a physical exercise we will ask Guru Ram Das to bless us because we are going to do, do a thing which we have to be very confident about 'Tan Tan Ram Guru Das' (?), choreography.

Student: (---).

YB: No.

Student: (---).

YB: Who?

Student: (---).

YB: Hari Kiran, she does it well automatically too.

(Students' laughter)

Yeah, yeah you go on that side, and she stands on that side, stand up both of you folks, all right now folks follow the rule.

(Students' laughter)

There is no tape?

Student: (---).

YB: No they should do it in the late evening.

Start it from the beginning.

(The tape '(?)....' is played.)

YB: Stop it,

(The tape stops.)

YB: See how bad you feel, that's how it happens. Once the body in the mood, in the lean start moving, happiness start being created, rejuvenation start happening, life becomes forceful to enforce itself to confront anything. That's why we mediate, that's why chant, that's why we read those Bani, that's why do all those stuff. It's a total selfish thing, there is nothing to please God, God has nothing to do with it. All religious things we do is to cater and augment our own reality so that we can have a better radiant body, so we can attract all the wealth, opportunity, comforts, blessing, goodwill, and everything.

There is two way to live, one is to hustle, and hassle and go after everything, other is to sit down and let all come to you, make a choice. Either let the world, whole world come to you or you go after everything you want to, there is one other way too—hang in in-between and be miserable, that is called human tragedy. Either go after things, or let things comes to you and this is a mental game, mind is supposed to play one—either it should develop the power to go after what you want to go after, or let it come to you what you want to come to and that cannot be physically achieved, it can only be contained physically. Achievement is always through mental vibrations and when you achieve you maintain physically. And you may enjoy, may not enjoy, if you enjoy it is again mentally. And if you really want to understand the taste and the subtlety of it, it is how fulfilled your spirituality is about, how much spirit you put out through the mind to achieve what you want to achieve. Mind is only a lens which project the light of your soul, body is just a cover around it, all three are equally important. It is God within you which is forever and as much you relate to God within you that much reality of your become powerful, there is no other secret.

Religion is nothing but a science of reality, rituals are nothing to develop that reality which we think everything as bogus, everything as wrong, everything as rotten, there is nothing which can be because we have not unfortunately taught, we have not been taught, never been raised. All we have told is if we won't find the God we will be miserable and then next step we are told God is everywhere, God is everywhere where have to find Him, why to find Him? Something which is everywhere, why to find it? You go in a desert and in a desert you are standing somebody tells you find the sand, it is ridiculous. And I say I can't find sand I am sitting in the desert, I can't find sand, he says pay me five dollars, I'll show you there is it, there is it, there is it, there is it. What is a religion? A mockery a joke, a neurotic nonsense with which man has been made to believe that he is not fully in the shadow of God? He is not part of God totally and completely, in activity, he has come to experience to share godliness, it is a ridiculous. If I am in the ocean then somebody tell me find water, if he tells me find land I can understand he is telling find water. On one hand every religion tells you the God everywhere and then they say, "Find it." What kind of business is that? It has been so confusing that the man has lost even the very interest in God and losing the interest is God man has lost interest in himself and that is where suffering has started, suffering has been brought over us by pure greed.

Some of us who are intelligent, who are spiritual, who become spiritual leader, wants to get money and energy, because it is a system to live off each other, so we want to live off you and we call ourself holy men, nonsense, that is the most ridiculous thing I have seen. A

non-working religious man does not know what religion is, that's why in the house of Nanak in the morning you get up and mediate, during the day you sweat, you earn through the sweat of brow and in the evening you share it with everyone, it is a flawless religion God gives and this religion teaches you giving and taking care, if you have to take, take care of others. Sangat and Pangat, congregation and feeding together at the same time, these are two facets which are just as good as God is—equality, because equality may not be physical ever possible but equality mentally is always possible and union as spiritually is possible. No two people can remain united if the spirits are not united, if it is the game of the mind divorce is essential at one corner or the other, at one time another, at one space or another, because mind do conflict, spirits never, body do eliminate spirits never dies. Learn the union of the soul that is the sole purpose of the life.

Thank you, 'May the long time sun shine upon you...' you got to go.

Student: Singing 'May the long time sun shine upon you...'

Student: Chanting 'Saaaaaaaaaaaaaaaaaaaaat Nam