LA682 910603 Self hypnosis meditation on Being a Yogi on the sixth chakra
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SUMMARY MEDITATION:

So tonight I am putting you it is called inter-trance. This is one chakra through which I would like to teach you the self hypnosis and self experience through self hypnosis. That is what my intention is, good intention. My bad intention is teach about six chakras, get out of it, and get to the next. Know what I mean? But let us tonight do something for the sake of pure experience so that we can be into it. It is a little difficult but if you concentrate for a while and you want to just become one with it you can do it. It is something because if you do not know self hypnosis you know nothing about yourself. Am I right? Even I am wrong consider me right. Because that is the way it is.

Audio kriya 40 minutes

(31:22) Self hypnosis is never taught normally. What is a meditation. Meditation is an intra self hypnosis. Nothing more or nothing less and you hypnotize yourself to deal with your subconscious. That is meditation. Concentration is you self hypnosis to deal with your conscious. And trance is when you deal with your unconscious, but all three are self hypnosis. Nobody else helps.

Now please sit down as good straight you can sit down and put your chin in and chest out and just look good. Just look like a yogi, you know. Not that you become a yogi, that is not what we need. Be who you are. Because the world will fall apart if you all become yogis overnight. But pretend that self hypnotically pretend to be fake it, fake it to be a yogi for another thirty, forty minutes. All right? So just feel that you are great yogis. You are sitting on the top of the mountains. You know those cartoons you see. The great yogis sitting on the top of the mountain, all eyes and all that stuff. Just pretend that and chin in and chest out and get ready for the inspection. And slowly and gradually start looking where the tip of your nose is. And please tonight find it. Yesterday you didn't. I know many of you were looking left and right and you were watching the birds as you were bird watchers. I sit little higher to look what is going on. That is part of my job too. So try to sit down like yogi and pretend to be fake it, you will make it. And try to find your nose. If you can't find it at least try. In couple of tries you will find it. It is there. It is not going to go anywhere. It is not become a part of the Desert Storm so don't worry. It is right there between your eyes hanging. Length of your nose is the length of your ego. Strength of your eyes is the strength of your identity. Size of your ears is the strength of your personality. If you want to know in the organ language.

So our pretention seems tonight working. So just pretend to be that way. Pretend to be yogi tonight for another thirty, forty minutes and try to find out the tip of the nose by focusing your eyes where it is. And turn your tongue inside your mouth with the upper palate and lock your back teeth molars. And you are set. Turn your tongue with the upper palate, tip of the tongue backward and lock your molars and you are done. That is the basic posture. Moment you will press the back side of the thalamus, upper palate, thalamus will become alert as by fixing the and giving attention to the optical nerve you are creating a pressure on the pituitary direct. I am explaining you scientifically what it is. Not when the heavens are pulled towards the earth and the center of the being to the nose when you see the different colors coming through the concentration which brings the rainbow. That kind of thing looks very sweet but doesn't work. Now you are set. Now please breathe full breath consciously. It has to be with your perfect knowledge and then please breathe out with a perfect personal knowledge. ("Ang sang Wahe Guru" tape is played)

Inhale deep. Inhale, hold tight. Exhale. Inhale deep. Deep. Hold tight. (SSS plays the gong). Inhale deep, deep, hold tight. Exhale. Relax. Please stretch your body. Move your joints and let the circulation flow. If we happen to be smart and we take this opportunity for a few weeks we will make it. And then that experience will be ours forever. Luckily there is a chance. Let us see what we can produce out of that (1:11;13)

May the long time sun shine upon you.....

LECTURE

Today I have two intentions. One is to fix you forever or second is to charm you and talk you and send you home. Which way you want it? You have to understand actually what we teach. Nobody knows what we teach. I read a note today. Somebody in an article was saying how did this man right from government service became a yogi. It is something to ponder upon. Well. People do not believe in miracles but I do. But they do not know man is not doing one thing at one time only. I remember in India there was a medical doctor, very renowned surgeon and once happened some occasion he was supposed to play flute because the real flutist which was very well known nationally known did not show up so he said, "Can I fill in the gap?" Nobody believed because he happened to be a doctor so they said, "Well how wrong he can be?" He played better flute that evening on the show than the real flutist could have done. So in five years he was more known as a flutist than as a surgeon. It can happen. It is not something which can happen. My idea is what we are teaching, actually the

intention is not to set up being a teacher now. That is not the intention. Intention in one way is to thank you very much. You all come and provide an opportunity so we can record these teachings for the future generations which will be good Americans and they shall be seeking them. As far as you are concerned you are great help. As far as practice is concerned, I know you and you know me. We don't make big fuss about it. But reality is, this is a reality. Without these chakras and knowing the self control or mechanism or even as a science your life is not complete. It is not that George Bush did not make a good speech tonight. He did a wonderful thing. He was happy and he was victorious and he came through very good and he got you know cheered more times than any president ever would have. All that went very well. But when he is going to go home, same George Bush and he is going to take off his clothes and put the nightgown on, and he is going to put his head on the pillow, then will be George Bush only, not the professional, not the president, not the commander in chief, not the United States citizen, nothing.

There comes a moment in human life when you are just you and how freaky that moment is. You all know. The greatest challenge is not what you can do and what you cannot do. Greatest challenge is not in your achievements and your failures, the misery is. The greatest challenge is when you are just you. In the scale of one to ten where you come through and you want to know that record. Two. A very self made highly successful person, socially, professionally, sexually, sensually and personally. Highly identified person, successful. I am not talking of. I am talking of five percent. Five percent of the society cream. They come on that scale between two and 2.5 period. So the most important thing is. I mean to say it may look very odd to you. There are some people who are extremely satisfied. You can buy them, you can sell them, you cannot reach them, they are complete. A most complete person within itself in relationship with self is three and a half. Because when you cross three and a half cycle frequency of integrated relationship of your psyche and your personality you start becoming automatically a universe. Individual will start totally disappearing. So long you are individual you are afraid, you are scared. Moment you cross the frequency on that scale, 3.5 and onward you become all and you start relating to a totality. Moment start human relating to a totality God start becoming little and man start becoming bigger. This concept that God is almighty, infinite, everywhere, you know. You understand this concept. We have been taught this concept for centuries. Is that true. God is everywhere and we are just little tiny, teeny thing. That is all. Moment you cross 3.5 frequency of your psyche God started becoming teeny, tiny thing and you start becoming almighty. There is a complete shift not in feelings but in experience. If you ever meet a man of experience whose language is within the experience touch the feet. There is no difference between such a man and God.

Nobody can find God in one universal thought but God can come to a human experience when people get to a frequency where they can go beyond 3.5 electromagnetic psyche. And highest achievement at that point is between 1.5 to 2.5. Now question is how fast. Some people say, well why we do sadhana and why Kundalini Yoga. I have two purpose only. First of all kundalini yoga cuts through all garbage. It is a fast, it is a time saving device. You don't have to go through long distance routes to come to the same destination. You don't have to fly from here to New York to San Francisco. You can take a direct route. Normally our achievement is Los Angeles to San Francisco via New York or Boston. That is what we do. That is how long route life is about. But short cut is from here to Los Angeles to San Francisco, 45 minutes period. That is how Kundalini Yoga I appreciate it when I was myself a student. We can get it. We can get it quick, we can get into an experience. Neither we have to write a book about it nor we have to say anything. We are, we are. That is it. That is one direct benefit. Number two. If you do sadhana every day it is very self aliving, it is very self accelerating. One thing you cannot do. You cannot do your own sadhana. You do not understand that. I am not saying that you don't want to do. You do want to do. But you cannot do. Not that you want to cheat or you want to avoid it or you want to be negative about it. Because this is how the polarity works. If a person decided fanatically that I am going do my sadhana doesn't matter what then time and space cannot effect that person. If a person decides to cleanse himself every day then weaknesses shall not have any toll. There will be no memory lapse. There will be no mood nonsense. I mean there are a million things. Really in my private I am talking to you now. I am not talking in a general. Sometimes I wonder who the hell made you humans. I really wonder. I deal with people. It is not. And then I say my god why this guy is doing what he is doing. Most of the time sometimes I sit in a chair in a total shock. And I have no answer because there is no explanation for dumbness. There is not. It is a simple thing. Job has to be done, job has to be done and we are born to do it. Simple as there is. Why to play through emotional nonsense, block yourself and sit there with open eyes, look like a monkey, fight between each other, feel insecure, do not have right word to say. How come? One day I was counseling with somebody. I yelled at that person. He said, "Now I understand." I said, "Thank you. Now I have nothing to say." Do you know what I said? He totally repeated what I said. Otherwise I was fifteen times repeating. How can one do it? And then I put my teeth together and I said, "Ttttt." And he said, "Yeah, yeah, yeah." And somebody watching this said, "Kundalini rose." I said, "Forget. No kundalini rose. He just woke up. He was in insensitive sleep." People do not want to get up to themselves. It is very difficult folks. I do not know. I should not say it because it can be used against me. I am head of the religion myself. I think religious is the most bogus tool we invented to freak out. And once you do few little religious things you are considered very holy. And that is all it is. Because religion is a reality of discipline and we cannot do one thing. We cannot self discipline ourself to exactness. Some people ask me this question. "Yogiji, why you do sadhana." I said, "What is wrong with me?" "Oh you are perfect master." I said, "This has made me a perfect master if there is any perfect master. Why should I leave that something which is help me to be." "Well you don't need it now?" I said, "Why not?" Why not? Anybody who is a teacher has to be a perfect student first. There is no perfect teacher or a perfect master who is not a perfect student. Because without becoming perfect student you do not have perfect experience therefore you cannot share your perfection. So whatever you are going to say either it is going to be book knowledge or it is going to be your dreams.

I was talking to somebody on the telephone. He said, "How come you knew that this thing is not going to work out?" I said, "Well it is a month ago I told you it is not going to work out." "No Sir I am not asking you did it work out fine. But why it didn't work out?" I said, "When you spoke to me you were not together." I could smell it. I could experience it. I told you with all the situation which I have heard I find you not together and this thing will be nothing but waste of time." I said, "I knew it because when you put your emotions into something it accelerates the situation. Anything which you accelerate or depress shall not give you exactly what it is supposed to give to you. And nobody is willing to deal with that at all. So long you pull or push you are creating a vibration and creating a space within itself and all that will measure the time but shall not achieve anything. The law is, you must go about a thing in a business like manner. You should leave your feelings and emotions and your mood at home. But nobody can do that. Why? Because early in the morning we don't clean ourself. It is very difficult to tell somebody to do sadhana. Majority of the people don't make their bed. They are up and they are out. They come back home and they get in. How do these people live? In the hospital, when you too damn sick and you can't even lift yourself they come and they change your sheets and change your bed. Don't they do that? It is required. It is very amazing. If you look at your life how you do it. Do you know in your whole life only twelve things will suit you food wise. In your whole life. And out of those twelve things only three you will prefer to eat. Out of the whole thing only three you will prefer to eat. But you know how many hundreds of cookbooks there are out. You can't believe it. Why we need variety? Because majority of the time we are forced into a variety.

Once a friend of mine. He was my inspector too. I told him I said, "So and so there is a party and you never bring your wife to any social gathering among the officers but this time I personally request you to see that your wife comes. It is one of the disciplines. He said, "Then you have to give me one day off. I said, "What off has to do with bringing your wife to the party?" He said, "I have to go and see and be home one day to see my wife and then fully acknowledge she is my wife and then I can tell her to come next day." I said, "What do you mean, you are married." He said, "Sir may I ask you to read my diary, my field book." I said, "It is not written in the field book." He said, "I go home at about eleven o'clock. I am out by three a.m. And it is the sixth year. When you think I am going to see my wife." I said, "You have got your children all right." He said, "Well fluke works sometimes. But it doesn't mean that I know my wife." I said, "All right. You bring her tomorrow and I will see what I can do for it."

So it was true that he took off and next time his wife came and she was such a polished, well balanced woman it was amazing and I was jokingly telling her. "Well you may not ever see him but you have developed a personality quite complete." She said, "Yes. When you have to without alarm open a door knowing whether your husband or somebody has come to kill you and then early in the morning without switching a light on you have to make a very, the uniform should look perfect and he is out the door and you do it for over five years it is a great experience. Thank you sir. I said, "I had it on the both sides but it is fine. So as a courtesy I made him to do a job from nine to five. Do you know within eighteen days he was in hospital, fell sick. He was so accustomed to do that work for years and years. For him there was nothing. The world fell before him. So we will push and sometimes you know when we pull ourself back, then we need ten oxen to push us to something and we will say what? And we don't move. And in the scale of sensibility if you look at anybody's life, you will find almost life with everybody the same. It works like this. In certain areas you push too much. In certain area you don't move at all. And the tragedy is you don't know where you push and where you pull. You mostly do it by subconscious.

So today I am putting you it is called inter-trance. This is one chakra through which I would like to teach you the self hypnosis and self experience through self hypnosis. That is what my intention is, good intention. My bad intention is teach about six chakras, get out of it, and get to the next. Know what I mean? But let us tonight do something for the sake of pure experience so that we can be into it. It is a little difficult but if you concentrate for a while and you want to just become one with it you can do it. It is something because if you do not know self hypnosis you know nothing about yourself. Am I right? Even I am wrong consider me right. Because that is the way it is. Self hypnosis is never taught normally. What is a meditation. Meditation is an intra self hypnosis. Nothing more or nothing less and you hypnotize yourself to deal with your subconscious. That is meditation. Concentration is you self hypnosis to deal with your conscious. And trance is when you deal with your unconscious, but all three are self hypnosis. Nobody else helps. Now please sit down as good straight you can sit down and put your chin in and chest out and just look good. Just look like a yogi, you know. Not that you become a yogi, that is not what we need. Be who you are. Because the world will fall apart if you all become yogis overnight. But pretend that self hypnotically pretend to be fake it, fake it to be a yogi for another thirty, forty minutes. All right? So just feel that you are great yogis. You are sitting on the top of the mountains. You know those cartoons you see. The great yogis sitting on the top of the mountain, all eyes and all that stuff. Just pretend that and chin in and chest out and get ready for the inspection. And slowly and gradually start looking where the tip of your nose is. And please tonight find it. Yesterday you didn't. I know many of you were looking left and right and you were watching the birds as you were bird watchers. I sit little higher to look what is going on. That is part of my job too. So try to sit down like yogi and pretend to be fake it, you will make it. And try to find your nose. If you can't find it at least try. In couple of tries you will find it. It is there. It is not going to go anywhere. It is not become a part of the Desert Storm so don't worry. It is right there between your eyes hanging. Length of your nose is the length of your ego. Strength of your eyes is the strength of your identity. Size of your ears is the strength of your personality. If you want to know in the organ language.

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are done. That is the basic posture. Moment you will press the back side of the thalamus, upper palate, thalamus will become alert as by fixing the and giving attention to the optical nerve you are creating a pressure on the pituitary direct. I am explaining you scientifically what it is. Not when the heavens are pulled towards the earth and the center of the being to the nose when you see the different colors coming through the concentration which brings the rainbow. That kind of thing looks very sweet but doesn't work. Now you are set. Now please breathe full breath consciously. It has to be with your perfect knowledge and then please breathe out with a perfect personal knowledge. ("Ang sang Wahe Guru" tape is played)
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May the long time sun shine upon you, all love surround you.....
Blessed God give us the peace within and without. Give us the experience our peace within ourself. Let us the peace with the universe, with our world, with all forever beings, with our reality, with our personality, with our identity and with our self. Grant us the real peace in all facets of it. Sat Nam. Well, what day it is. You are going to work a few weeks with me and you are going to forget a lot of stuff. There is a lot of garbage that you have never cleaned. Attic is full. So, we will work on certain. We will apply certain mudras, certain mudras into ourself and then we will go through. Slowly. There is no hurry. Los Angeles is not falling into ocean yet. It is going to be fine. Next week we will work on the sixth chakra and through self hypnosis we will work on our health. Then we will work on our wealth, then we will work on our happiness. Then we will be done. Then there is another master thing, pineal, shashara. Then we will complete that. By the time the course will be finished, it will get very warm and we will move to New Mexico. You know what I mean? Thank God it rained. Air was little cleaner. I think we should start selling a business selling air by pound you know what I mean. Twenty five cents a pound will be fine. There is no taste to it. We can't trust in here. We can't see. You know what I mean. Do that Touch for Health so you can be ready to go. You know what I mean. Just like that. You know what I mean to centralize the energy just for a few minutes. I know you don't intend to stretch, I know the weakness but we are not going to provide beds tonight. It is not. So you have got to move a little bit. Don't otherwise, instead of driving north you may end up driving south and. Wake up, wake up, wake up. And now do that side stretch and. Hey we have got to go home class is finished. Stretch, stretch, stretch. Thank you and good night.

MEDITATION
For the sixth chakra
1. Sit in easy pose. Focus the eyes on the tip of the nose. If done correctly you will fell a pressure on the 3rd eye point.
2. To #1 add touching **thumb** and first (**Juppiter)** finger (even though other positions are mentioned), with the wrists resting on the knees.
3. Change to locking the ring (**sun**) finger under the thumb (**Surya Mudra**).
Tape: Ang Sang Wahe Guru
4. Stretch.