

NM080 920917 Intellect and intuition are two separate parts of brain all depend on one thing—How humble you are.

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SUMMARY MEDITATION:

There is a system in our brain, it's intuitive. Intellect and intuition are two separate parts and I like to work on that tonight. Okay? Fine? It's a very funny situation what we are doing.



1^o kriya 15 minutes: We have to have one lock, it's a mercury, it's a Buddh Mudra. Buddh mudra, the mercury is the finger, this is the antenna of Mercury, this is my id. You put it together, this is, this will do. It's not any painful, so all you have to do, put your three finger together and try to straighten them one way or the other. Normally the ring finger will give you trouble. It's evident, just straighten it out, stretch it and get into that posture. Let us see what we do. You are all right? It's very simple, very simple exercise. Little complicated later, but not right now. Yeah, yeah.

Had you not been young you would never come to my class. But you are young now, you have habits and you do not know how great you are, you only know how great you are not. So not is the problem. All right, now you are set? Correct?

Now, look at sixty degree of your very nose. Not at the tip of the nose, little higher. It's the center of the nose where you have to look. It'll give you terrible headache. Oh, I

am just telling you, I am making it up. May not be true, you are super people. But if you do it correctly, you will have a terrible time. And that will take care of your uncalled for Tylenol headaches. Right?

Here are the eyes and this makes it about sixty degrees. This is what is you are talking about, is little more than that, tip of the nose. So that easily you can look, but if you look at this bridge of the nose, it will put you real through cultural change. But nobody will ever teach you this exercise because they are not interested. To put themself... I, I, I am, I know all these holy men. They don't want to teach you this exercise. It's a Mahadev Kriya, it's not small, it's... You have to serve a man for rest of the life and if you live beyond eighty four, he will write down on a paper so you can do it. That's how they teach it. Somebody told me so. And I say, "Why you are teaching me?"

He say, "I don't know. You are too convincing."

And I thought I should teach you and let you know how it works. If it doesn't work, damn it, what if we have to get out of this unnecessary nonsense? But if it works, it will work.

Look at the bridge of your nose, chin in, chest out and sit straight with the spine so serum, the fluid can . And put your rib cage forward and backward, squeeze, now without breath, with the help of the diaphragm only use breath normally, breath plays no role in this. But with the power of the diaphragm, there is a little jelly on the both side of the diaphragm. Sometime that kills you many ways. That's the problem and you have to move that 'Udyan Bhandam' that jelly and diaphragm has to move your chest and rib cage by the power of your will. I tried this morning, it was easy. And , sometime even the worst things can be easy, some easy things can be worse. I do not know which was part of true but it, it work with me fine.

Move your rib cage with the help of the diaphragm while sitting straight. You will be surprised how powerful that little cloth, diaphragm, pumps up the stuff, can do. Is everybody happy doing this?

Students: No.

YB: No, oh no, everybody is unhappily doing it, but that's all I want to know. Is it working or you have a trouble in working it out. Working? Well, that's A-one condition, come on. Start with the little, it's... First of all from last twenty five years, we have never done it. I actually did this morning to take care of my eyesight. I wanted to see something very, in a different way and I found out it's not coming correct. And I put that eye lotion it didn't work, so I say, "Wait a minute," I wanted to tell my eyes to behave, so I did this for little time and after that things were, oh God, very good.

Rib cage. You are the prisoners of the rib cage. You are the prisoners of the rib cage. In rib cage is the breath of life. Consistently, constantly understand you are infinite. There are twelve hours in a day and night another twelve hours, so it makes twenty four hours. Is that true mathematically? There are twelve months. Right? Is that true too? And there are twelve ribs, is it thirteen? How many ribs you got on each side? How many? Guru Teerath, it's a judicial question. How many ribs are on one side of a person, normally?

Student: (-----).

(Laughter).

YB: What did he say? Students: Eight .

YB: Eight? Students: Yeah.

YB: No man, you cannot. You cannot do that. That is not true. How many? Student: Thirteen.

YB: What they do do, those thirteen ribs? Student: (-----).

YB: Thirteen ribs on each side. Total comes to what? How many vertebrae are there? How many parts of the skull are there? How many bones are in your foot?

Well, you want everything done in one stroke. Move the rib cage without breath. Don't cheat.

You are working right now on a mononuclear circuit of your body. Ribs are very important. There is a lot of story about it. Seventh rib created a woman. Ninth rib gives solution and salvation. First rib got broken etcetera, etcetera. Come on, pump it, pump it, pump it, pump it and just be nasty about it. And just tell the rib 'Move, move girl move.' Men should do the much number on it and woman should just push these ribs forever. But if you circulate it, you find a fun. Speed is not important, moving the whole rib cage is important and we have to do it till the time the ribs get adjusted in their base.

Guru Teerath Kaur, you got to do it really hard because you break your ribs faster. Remember? You got me into trouble? Come on, circulate, circulate, circulate.

If you just consolidate your concentration and just do it, it will be also helpful and I think now we are going to enter an era where we'll have little body, different body feeling. Very different. You know what I mean? If your eyes are at a proper angle and if you are moving rib cage somehow, we'll be entering a different body feeling. Our sensory system should start changing

now. We are actually, all our troubles, are we are individually very inhibited by our sensory system.

I won't eat in the class. I know doctors are doctors but I have a job to do. Can't do it. You have to give me half-an-hour later. Concessions. Say your concessions. Okay, so we have .

Hello, move your rib cage. Keep your angle. Optical nerve will work on the pineal and pituitary both. I tell you the system of it and rib cage will work on all what is in twenty six number. And if you can just let ribs adjust to themselves, you will have a different kind of body sensory system. Let's be technical about it. Keep pulling.

We have only five minutes to go. It's not a long time. Five more minutes is no big deal. You have done enough. Take the help of the small ribs and jolt it up to the bigger ones.

Come on, keep doing.

Four more minutes. Please try it. You know we do lot of Pranayam and breath of fire, which should be very easy for us to do it.

Come on, move the rib cage. Wake up. Three minutes.

Love has no question. Question has inquiry. Inquiry can only produce facts. Facts can have two sides. It will end up in judgment. Those who judge shall be judged. That's the law of Infinity. Please don't judge, judge your ribs whether they can move or not, move them. Help them to move.

Ladies, you have lot of problem at the breast because you are born out of the seventh rib, seventh rib is very important.

In the older religion method everything which is important became religious. Yeah. One minute. Kindly, kindly, kindly, kindly, kindly move this is one minute.

Inhale deep, please lock your hands like this and put in your lap and sit consistently exhale.

Inhale deep, deep, deep, exhale. Inhale deep, exhale.

2° kriya 11 minutes: Very calmly and quietly inhale deep and exhale deep and please keep on doing consciously. You don't have to do anything else. Inhale deep and exhale deep and do not hold the breath. Just inhale deep and exhale deep. If you can do that honestly, your aura will tell. And you will tell yourself and the inner little voice will tell you it's a pretty good experience. But do it now.

Breath, breath, breath, breath, breath long in and total out, consciously. Don't break the chain of command to breathe even once automatically.

It will bring you to eight breath a minute. That is what twenty six total is, two and six—eight.

In eleven minutes, you can only take eighty eight breath of life. Can you imagine we normally take fifteen breath a minute? This way we are only taking eight breath a minute.

Breathe consciously and breathe in long, deep and breathe out long, deep. At the same time. Don't hold. You are doing fine. Feel encouraged.

It's okay. It is our thyroid and parathyroid, it's fine.

Concentrate, you super people. Long breath. Deep out, long breath. Play 'Hume Hum Brahm Hum...'

We are we and we are God. Music will help you.

(The tape, 'Hume Hum Brahm Hum...' is played).

YB (talks over tape): ... We have one minute to go.... Get ready, inhale deep. Hold. (The tape stops).

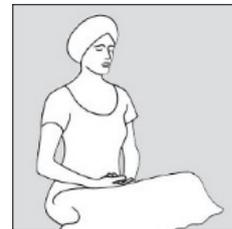
Keep the tape going, son.

... And very, with a very powerful force please whisper this music which is, copy it. Powerful... Use force... Put a pressure on the thyroid, don't worry about it... Now be slow. Very light... Go into absolute silence. Hear nothing, say nothing, feel nothing. Shunya, Parthahaar. For next seven minutes. Shunya. De-attach. Process detachment. Cut all strings, all holds, all sports. Relate to nothing... Shunya, total detachment...

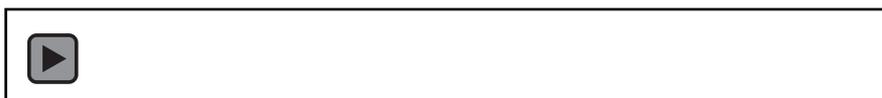
Inhale deep, deep. And move your shoulders round and round while holding the breath. That will help your arteries of heart. Even electromagnetic system. Exhale powerfully, inhale again, hold it tight, move as fast you can. Move, move, fast. Move, move, move, it's not a bad idea. You don't know what you are saving. Exhale. Inhale deep again and with a force move fast. Move, move, move, round and round, round, round, round, round. Get rid of arrhythmia come on, come on, move round and round. Let it go. And please now relax

(The tape stops).

YB: And shake up your every part of the body just as you have done a great job and you do not want any feeling that nothing is moved. Come on, move, move, move. Shake up your legs and arms, hands, everything. And relax and talk and discuss movies and your personal problem and become miserable and anything else. Try to be very earthly.



Student: Sat Nam.



LECTURE

As members of this community or this class, you have to very well understand that what looks normal today may not be normal tomorrow. I definitely understand that people have a very common habit to take things very lightly, because you are right. You didn't pay for the breath of life, you didn't pay for the body, you were not given any idea to buy and sell and decide what kind of nose you want, what kind of eyeballs you want, what color of the eyes you want, what kind of hair you have. Your facts and your features at the time of birth was not your option. Isn't amazing? And from now when you were born, till you are dead, you'll have ten percent complete option and ten percent environment you can work out in your favor, it total gives you a channel or a lane of twenty percent. And it's amazing, you may be successful in category A, you may be totally dumb in category B. And you totally maybe zero in category C. And you may be super in category D.

Nobody can be perfect in every aspect of life. But if you become intuitive and perfect and know everything, you cannot do anything except what is humble way.

So basically, ecstasy, wisdom, transcendent experience and whatever you are talking and success you are talking and whatever you are making any sense or you are just Mr. Nonsense, doesn't make any sense. But it all depend on one thing—How humble you are.

If you are very wise and you are not humble, you have no wisdom because humility and wisdom cannot be separated. Divinity and humility cannot be separated. Infinity and humility cannot be separated. Because it's a statement of facts. God is the owner and God is the Infinite. The only Infinite. We are all part of that Infinity. And to recognize over and above the fact that you have in your life that Infinity is in-charge and Infinity is such a Infinity that it Itself does not know how huge, big and what jurisdiction this infinity is.

'Karta Aapna Jaanda Kartar Derung.'

'The doer, the God, doesn't know how, what color God is of.'

And you waste your time knowing everything.

Now, the sensory system which God gave you, doesn't need to know, it knows. But in a feeble way it knows, it let you know, too. That, that you are not humble enough to listen to that feeble, humble voice.

Please excuse me. I have met every spiritual man on this planet. Almost, which is worth. Name, fame or shame. Even me, they judge me how many students I have I've got, how many centers I have, how many, how rich I am. It is so ridiculous. It's so bizarre. And it is also people of faith to believe in very good God and love. They have every abusive word in the world with me. I am a devil, I am this, I am this and that... And I laugh on both sides because death is inevitable as life is. Passage of life is inevitable as days, as night is, but your commotions are inevitable to kill you. And you are not being genuinely humble is enough not even let your wisdom exercise itself.

A person who is not humble cannot understand subtlety of the soul because he cannot understand the Infinity of the God. I am myself very shocked. We have five billion religious people on this earth. Five billion religious God people on this Earth. God made them.

And I was joking this morning, 'God you have . You are no perfect.' He should have created them perfect. They don't

need any wisdom, they don't need anything. They should know anything. You gave them a perfect brain, but only give them development of three percent, what kind of joke is that? They never want to die, keep them alive, what is wrong? Let them grow old. They are the planet earth. Because you are, they are afraid to die, before they die they want to kill everything.

You know, when you cannot tolerate yourself, you cannot tolerate others. You cannot love yourself, you cannot love others. Because you are not humble. You are not vast. You want to decide you want to have children. What you give to your children? Nothing. Have you given them the ESP, the extra sensory perception? Have you told them how to see and penetrate through the Unknown? Have you given them the grit, the experience that they can be just turned into limb by limb and they don't fall apart?

I was discussing this morning at lunch. Somebody were telling me the conditions about a woman and Kudrat Kaur was

there. I was on the telephone, I said, "God could not make one woman who is stable, because He made every woman sixteen time more intelligent than anything He could have created and no woman under any circumstances will be wise enough to give herself into any kind of man for any reason."

He say, "Why they do?"

I say, "There is one thing which woman cannot control. And that is love."

Woman and love is better than the wisest woman in the world, which is a curse. Because a wise woman will exercise herself and men don't want. Men don't want woman to exercise anything. They just want a simple thing. To them, woman is re-nurturing factory for couple hours. And if they are in love, they come, they look at woman, they become great. Then they do great things. From last five thousand years woman have been told "Don't talk to man. They don't have ears for you." And women don't listen. They talk to them. If a woman can listen to a man, he is not a man because he has a mother to deal with for twenty one years and after that you are asking a man to listen to a woman who

has listened twenty one years and rest of his life he is going to listen. He needs somebody who listens to him. And woman has to understand she is very weak when she ask the man to know. She should know it all.

God has created very, very beautiful person called human being. But woman is not a man and man is not a woman. Woman has his own beauty, her won ecstasy, her own field and own way of life. Man has the same beauty, same ecstasy and same way of life, but both have to be extremely humble to understand the subtlety of the Infinity. There will be no problem.

You can do patch work with psychology, with logic, with counseling. For every person we require a psychologist, a psychiatrist, a counsel, a motivator. This is new term now. We need a motivator for everybody and a supporter and a man with a purse. Now what, how much, six people? Because you must understand today and tomorrow and day after, your life will be questioned by yourself. And that question is 'Are you happy?' Answer is 'No,' you will never be happy. Answer is 'Yes,' you are. That much it take in the Age of Aquarius. You are happy, you are happy. You

are not happy, you are not happy. There is no two opinion. If you are not happy and you feel happy, the happiness somehow will come. Because happiness is going to find happiness. Unhappiness is going to find unhappiness. Channels are straight. In Picean Age, fish runs around a fish, time run around space. It was over with. Now it is the Age of Aquarius. Now it will be flow. Again and again and again and again.

Take a glass of water or a bottle, empty it. It will empty that's the water sound. And it will be continuous, it will be stroke, it will be wave. Wave after wave, life is going to come to you. It's not going to run in circles anymore. There is no criteria of a human being required to run in circle. Therefore, it is very essential for us to be happy and if you have everything in the world you will not be happy, if you do not relate to the Infinity of God around you. You and your environment is twenty percent, it is not enough. To be happy there is only one formula; relate to the hundred percent of God creation around you.

I was that day walking in Santa Fe, in one of the shop there was a huge, beautiful, wooden horse saddled, looks real and somebody said, "What a woodwork it is."

I laughed. I say, "You see horses all the time, you never say what a wonderful work it is. You all say what a good horse it is. But why it is a work? Is that not a work too?"

He say, "I never think that way."

You talk of the Creator and you do not relate to His creation. You talk of a artist and you don't appreciate his art? And you think you are divine? Really between you and me, where are you going? You never paid for the breath of life, you got it. You never paid for the body and the features, you go it. Everyday there is a sunshine, you don't pay for it and everyday there is a moon, you don't even relate to it. Winds and the weather are only there to bother you so you built home. God gave you the forest and you created the acid rain. God gave you rivers and lakes you created the garbage. God gave you the ocean, you have polluted it. God gave you life, you don't live it fully well.

The total purpose of a life is to be alive. Just be alive. Just.

It's very funny story. Few days ago somebody was telling me, he is miserable but he has a hope. He is going to meet somebody I think his problem will be solved. I, I don't know what mood I was in, I said, "Sometime going to somewhere to solve the problem, you get in double trouble."

He say, "No, no this is, this is good, he is my friend, this

Fine. He say, "Actually speaking fact, I owe him already five, fifty thousand dollars and never ever asked me. And he can afford it and all that."

He gave me such a good lecture. I say, "Well, God bless you. If that can solve your problem, one should just avail, there is nothing wrong, but be careful."

He went to his house. They had a fun talk. When he was leaving, he served him a summon himself. He say, "Well you are saved, I am so hard of money. You have saved me fifty bucks. I didn't have to go to sheriff, you can , receive it. We have to settle this. And I've been waiting all along that the gentleman you will pay. You never even call, you don't even care, you don't even understand, but I think this is the time that judicial system to settle it down."

He came and he told me, he say, "You were right."

I say, "Yeah. The Moslem were given five way to, five times to prayer and they went to God, they say, "It's very difficult. What going to be modern, five times during the day we do not to pray."

He say, "All right, five time you will pray plus thirty days you will also fast."

So they got additional. I say, "You went there to get loan from him or to take care of your affairs and he has stuck you with a court order to settle the issue."

He say, " this man never warned me."

He say, "Didn't you tell you that it's a time limit on it?"

"Oh yes."

I say, "You should have remembered it."

Our justification is not on our totality of life. Our, therefore our justification is not on reality of life. Our justification is 'What I know?' What do I know? If I know what I know, I can't even talk about it. It's not what I know or don't know the other person. Is other person ready to receive what I am saying?

Individual frustration has become factual. Individual affection has lost its ground. And we call it civilization and civilized society.

I was talking to this my Indian daughter today, I say, "God, you have survived as a token on God's balance. Your entire culture and training is based on having a balance between the Mother Earth and Heavenly Sky." I say, "We don't know about it."

And she say, "Father, papa, look at this ranch. You have totally built it exactly it was, you have not done anything to except to prayer house."

And I said to her, I say, "Even when I had to have that, I was very reluctant. Thank God, I didn't have to remove a tree."

We have come to the brim in our life where we have to understand something is changing and we should be changing. Our mind should help us to bring us the strength, not negativity.

Mind is such a servant given to you by God, it can make you totally negative and imaginative and ridiculous. I never forget first time I was going in California in highway one and it said,

'Highway one is the most scenic route. Please drive very, very, very carefully.'

And I said, "How scenic it can be that we have to be three time very, very carefully?"

And the man who was driving with me, he say, "Sir, you have not seen yet." And at one place I said, "Please pull the car on the side."

He say, "What for?"

I say, "It's too beautiful to go further."

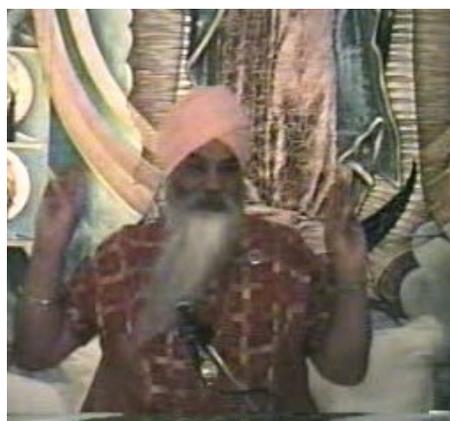
And he say, "Didn't I tell you it is very beautiful?"

I say, "But it's not beautiful for you, it's beautiful for me. You drive carefully. Didn't you read that board? 'Very, very, very carefully?' You look forward, look straight."

He say, "Well, that is the trouble. This on weeny-winey road, there are lot of accidents."

And that's life. Life is very beautiful and it's very weeny-winey road. And we forget beauty is beauty but duty is beauty for us. And duty needs Infinite God strength. For us, who are going on the most scenic road, very, very carefully have to drive and answer the call of our soul and exert to do thing called duty. Duty is to drive safely, carefully, cause no harm, no accident and let everybody live and live ourself.

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Yeah. One minute. Kindly, kindly, kindly, kindly, kindly move this is one minute.

Inhale deep, please lock your hands like this and put in your lap and sit consistently exhale. **Inhale deep, deep, deep, exhale. Inhale deep, exhale.**

2° kriya 11 minutes: Very calmly and quietly inhale deep and exhale deep and please keep on doing consciously. You don't have to do anything else. Inhale deep and exhale deep and do not hold the breath. Just inhale deep and exhale deep. If you can do that honestly, your aura will tell. And you will tell yourself and the inner little voice will tell you it's a pretty good experience. But do it now. Breath, breath, breath, breath, breath long in and total out, consciously. Don't break the chain of command to breathe even once automatically. It will bring you to eight breath a minute. That is what twenty six total is, two and six—eight.

In eleven minutes, you can only take eighty eight breath of life. Can you imagine we normally take fifteen breath a minute? This way we are only taking eight breath a minute.

Breathe consciously and breathe in long, deep and breathe out long, deep. At the same time. Don't hold. You are



doing fine. Feel encouraged.

It's okay. It is our thyroid and parathyroid, it's fine.

Concentrate, you super people. Long breath. Deep out, long breath. **Play 'Hume Hum Brahm Hum...'**

We are we and we are God. Music will help you.

(The tape, 'Hume Hum Brahm Hum...' is played).

YB (talks over tape): ... We have one minute to go.... Get ready, inhale deep. Hold. (The tape stops).

Keep the tape going, son.

... And very, with a very powerful force please whisper this music which is, copy it. Powerful.... Use force... Put a pressure on the thyroid, don't worry about it... Now be slow. Very light... **Go into absolute silence. Hear nothing, say nothing, feel nothing. Shunya, Parthahaar. For next seven minutes. Shunya. De-attach. Process detachment. Cut all strings, all holds, all sports. Relate to nothing... Shunya, total detachment...**

Inhale deep, deep. And move your shoulders round and round while holding the breath. That will help your arteries of heart. Even electromagnetic system. Exhale powerfully, inhale again, hold it tight, move as fast you can. Move, move, fast. Move, move, move, it's not a bad idea. You don't know what you are saving. Exhale. Inhale deep again and with a force move fast. Move, move, move, round and round, round, round, round. Get rid of arrhythmia come on, come on, move round and round. Let it go. And please now relax (The tape stops).

YB: And shake up your every part of the body just as you have done a great job and you do not want any feeling that nothing is moved. Come on, move, move, move. Shake up your legs and arms, hands, everything. And relax and talk and discuss movies and your personal problem and become miserable and anything else. Try to be very earthly.

Student: Sat Nam. May I have your attention please? Okay. Tomorrow at noon in Albuquerque, there is the Clinton rally and will be at Yale Park near the University of New Mexico. So now we have ten VIP passes available until fifteenth and they are going very fast if you want, just talk to me after the class and I will arrange for you. It'll be good if many people can come tomorrow. Thank you. Sat Nam.

('Every heart beat...' is played).

(A student talks over the tape): Sat Nam, Sat Nam, on Saturday, September nineteenth right here at the gurdwara is the men's sports. (The tape stops). It starts at nine AM, between nine AM and five AM, this Saturday.

YB: All men must .

Student: Information from the bulletin board outside the front door.

Another student: Also langar will be served immediately following the Siri Singh Sahib's class. (The tape starts again).

Student: Sat Nam, I just, Guru Jiwan requested that they'll need four or five people that can help serve langar after the class, so if you can let him know, it'll be appreciated....

YB: We had that aura pictures, they have come. Those who want to see, this guy has it, just run it around. One is with permission which is, the other one is without permission. .

(The tape tops).

Okay, are you talking or not? Keep talking. May the long time sun shine upon on you all love surround you and the pure light within you guide your way on and keep talking, Sat Nam.

Keep talking, keep talking. student: (-----).

YB: This was the first, that is the second. Student: (-----).

YB: No, this, I was ready but she was not ready. She say, "My camera is stopped and things have gone wrong." It was a fun to watch. Yeah. What? Okay, this is... Student: (-----).