

SUMMARY MEDITATION:

Kriya: 24 Minutes Close your eyes and place your hands on the side of the ears and begin to move them back and forth about 20 cm. the rhythm of the box HAR HAR HAR HAR Gobinde of Nirinja. The movement is led by the wrist.

Breaking the arc-line

Inspire hold keep your hands close to your ear and exhale through the mouth 3 times.



See the movement down in the lecture

Keep your hands where they are naturally. Here is the subtle body more sensitive, the line of arc. Few things we do in life, to change the longitude and latitude in relation to time and space such that you our line of arc, which is the most powerful body of our If the resistance can acquire.

Many of you for most of the time wasted mental energy through the thoughts of the brain.

The thoughts of the brain temporarily wander in space, and that space is either the past or the future, those that are related to the past or the future spoil or throw away most of their life, even up to 60, 70%, live only 30 % of the capacity of their lives.

Lived in this way, life is not as valuable support to the support of your own if, but only produces obstacles.

Meet the people and hate because there is no light. These people do not behave badly just do not have stability, and also in you there is insecurity and instability, and this creates anger and boredom. For this society has become so violent. We like it in us.

You must attract, but what is just not attractive at all. I will do my best so that you can enter their aquarium with your personality attracting enough light so that you can be you.



LECTURE

We are not aware that we are entering the Age of Aquarius, we take life very normal because that's natural. Lot of people will not be in physical presence, because of that change. There are two possibilities, which may happen it can lead to a very global disaster for which there will be no reason and nobody to tell to the story or it can be slow. Unexpected things you know, near lake Tau it was six point earthquake nobody understood why. Aero plane fell into Whitehouse it only cracked the window why. Security was minimal and maximum. Fifty years ago these things were unexpected nobody ever understood or heard off. Mankind as we are proceeding to this Age of Aquarius has to learn to clock their own time. Clocking the time is timing yourself into the rhythmic of the environments. But unfortunately in the Western world, which will be a world of disaster we are only geared to feel through emotions. We absolutely no understanding that word affection is there. We do not understand word loyalty, we do not understand word surrender. All these things to us it is like slavery, subjection that's what we have been told. Because, we have been so individual for such a longtime to survive to surmount difficulties to face inner difficulties, outer difficulties, inner betrays, outer betrays that we have absolutely no idea, what we have become. We are the byproduct of the circumstances, which are very heavy and you have to understand that.

West is the only one part of the world and so it is influencing the east where every woman has to find a man herself with complete exposure. In Jewish tradition there used to be matchmaker and in many other tradition there were parents doing it. But unfortunately the society was never free. There was no freedom at all, there was a royalty and there were peasants, peasant had no rights and royalty has no limit. So in between that scope, we came to an understanding called democracy.

Democracy gives us every four years to change the Government and we go for policy and people in which there is hardly anybody has time to understand what he is voting for but that's how it goes. So, with this change of system we are trying to find security. We gave lot of right to the State to protect us, to care for us to and state extended from protection to political economy and then it split itself into economics to politics and then it went to defense and it went to designing, creating, interfering in every part of life. So, all the pressure give we didn't discipline ourself. So, we started passing law drunk driving law, sexual embarrassment law, sexual harassment law, this law, that law whatever is the way we can pass law and we have a permanent legislature whose job is to keep on passing laws. If all the laws, which have been passed, are obeyed, you can only live in four square meters and confine yourself. You can't even move. That's how the laws are written and how they are interpreted.

Then we have a system of jury and a judge. Because basically it was very honorable to judge by the equal pairs, pears. Then people who understand that kind of life and understand what circumstances let that man to do what he did. But now with all the media and the understanding, I don't think anybody is beyond prejudice and sometime it is so neurotic that those twelve people think God we have all the power let us do him in and many innocent people are hung and injured and denied the

freedom for nothing. As we had the right of self-defense now that right is gone and it's overtaken by excessive force. So anything to defend yourself, you can be charged with excessive force plus everybody can sue you for insurance and for damages. So, it's one word against the other and before you come out of it you lose your not only shirt, you have nothing to wear and that's how bad the society has become.

Legal advice to the court was the attorney job. It was very noble profession to help people, to make them understand to tell the court their story so that if they aborted they can be defended. But now actually it has become a very criminal profession in which everything is done to get maximum money and extend case as much you can and now a new regime came very recently that's called contingency. If we don't have money to sue they will sue it for you and they will get one-third part of you or something like that. So, with all that complication and pressure man resolved itself to be absolutely angry without trying to face the facts. So that led to one thing, we became control freak, we became territorial freak, we became what we call is personality conflictors, we became so many things which are not human actually. So our nature became very obviously cruel for ourselves. It's not untrue that we lose our health and head both, under those circumstances. But on the other hand there is a lot of damage being done to society in general.

It's a very acrobat society in which you do not know whether somebody is looking at you standing on his feet or standing on the head, in next minute things can change. With that uncertainty and sounding we are unable to clock our time. Clocking the time is a procedure for which a discipline has to be set in your system and it has to be automatic. It has to be this way there if the consciousness and little voice of consciousness speak to you in a most mild way, man this is not right. The body automatically setup and clock itself, to force you on the trail that you don't walk on that path, that's safety.

It's very funny, I tell you how it is.

Somebody was driving the car all of a sudden his time clock told him don't do it, don't drive. He pulled on the side very carefully and parked there and stood, that's all he did and somebody asked that person later on, "Why you did that?"

He said, "Well my friend you drove."

He said, "Yes."

"What happen?"

"Oh man we were in a pile of accidents."

I said, "So now you know."

Because everything happens according to time and space. We cannot stop the time. But we can change the space. That's why when we drive a car we say,

'Ad Guray Nameh Jugad Guray Nameh, Sat Guray Nameh Siri Guru Devay Nameh,"

Wahe Guru ji ka Khalsa, Wahe Guru ji ki Fateh.'

Three seconds, three seconds means nine feet or little more. That's what you need to avoid the impact. That's why you didn't walk you just walk with a little prayer. If you can give yourself nine feet distance, you can avoid a calamity, which can hit you so bad that you will never be the same person. That's how enjoyable it is to walk with a prayer, eating a food. People sit down, close their eyes, it looks like very orthodox idiotic why? Food is there gobble, gobble, gobble no that's not a human.

So much so there used to be three to four hours preparation for a man and woman before even indulging into sexual intercourse. Now honey can I see you grab her shut the door hung her like a coat behind the door and just hit five, six times and then you have done thank you very much see you tomorrow is called quickie. So if the life has become like this and this is what is all comes down to, **man has lost the sense being human**. Though there is a body and portrait of a human but action and sense is that of an animal which has no longitude and latitude to relate to. In the cosmic sense, it is called unclocked human. Clocking the human is a very essential factor.

So, we are doing this little meditation to setup those steps. I hope some of you have come, some will come later in some



other class of mine and you will finish this set of course. So that your life may be in a regulated form to be that you can be a proud to yourself. It is always right, if you know how to clock yourself and that's the way life should go.

Please sit down straight, very comfortably and make your spine straight, that's right and, and please take your both hands like left and right and these are the ears and you have to keep distance. You know this movement? You see this movement and you have to look straight and keep looking. If it's not going to make you weird, you will be shockingly surprised. No by the side of your ears not like this it is straight, hands have to be very straight. You have to cut the aura straight, see my hands folks, it's just cutting the arc line, see how I do, I am very comfortable, I can do it right my hands are straight, I am cutting it right and that's how you go very clear, fast and comfortable. Look straight, hands have to be straight, fingers have to be straight, body

has to be straight, hands have to be tense there should be no bent, movement has to cut the aura. Therefore it should not have any bent. Please move comfortably. Keep moving and slowly and gradually now close your eyes slowly and gradually I said and please roll your eyes to look at the moon center, moon center is called chin and keep moving. And do you have that tape that four Har, Har Gobindey? That prosperity Mantra? (The Har Har Gobindey tape is played)

(The tape is continued)

YB: Inhale deep hold it, hold your hand where they naturally are, **you are dealing with the most sensitive subtle body the arc line.** Hold tight through your mouth exhale. Inhale deep again, hold straight, spine straight, body straight, chin in hands by the ear you have all gone down not right, through the mouth. Inhale again, hold tight, steady, spine steady, your hand steady, hands absolutely steady, breathe out, relax, you will never be the same.

Student: (---)

YB: There are very few things we have to do in life to change the longitude and latitude in correlating to the time and space. So our arc line the most powerful body of ourself is brought to existence. Many of you mostly waste your mental energy by brain thoughts, brain thoughts is clocking into space and that space is either past or future. Those who clock themself into past or future waste their energy of life up to sixty to seventy percent they live by thirty percent force alive and such a life is absolutely, ridiculously, very undermining to self-experience.

You meet some people and you will hate them not that they are bad people, but there is no light and majority of the people you deal with them in couple days you will feel why the hell I knew this person? Because their behavior is not warm and they have no stability. On one hand your own insecurity and on other hand there is no stability what you are dealing with. So that creates a great anger and annoyance, and that's why the society has become a living violence, violent, violent, violent.

Had you not got a stomach and you have to fill it everyday twice a day or once a day whatever the case is we would have been almost murdering each other on daily basis. That's how inside violent we are. It's amazing to see you starting and then see you after couple minutes changing and they see you right now. I do not, if I have to recognize the class now and when I came in, I can't even explain, you are the same person. But, I feel majority of you do not work until you have to come to this class. You don't work on this exercises, you don't work in the evening on yourself. The idea is to teach a class twice is to give a two areas, so that you can work and carry on your life and keep growing. You must understand something very important. You have to attract and cheapness attracts nothing.

You must have seen the show Rich and Famous, they are all sick people but with a good furniture.

(Student's laughter)

YB: You know what I am saying? All rich people have one quality, they make environments very rich and they try to become famous but mentally you don't like them. They have gone off. Because had they personality be beautiful, they don't have to compensate their personality. So, please remember you are alive and you are human and I hope we will meet Wednesday again? Wednesday come prepared for a heavy class. Because this course has to go step-by-step, I have to complete it. My idea is not that's why I am winter solstice I am trying to help you. I am trying to gradually do my best as far a God has given me few years to let you slip into this Age of Aquarius with your personality attracting enough light, so that you can be you.

May the longtime...

(The class sings 'May the longtime...')

Students: Saaaaat Nam.

YB: Bless us through the night, bless us through everyday, bless us with radiance that our soul may shine and present the glow and we may grow in the direction where there is peace, tranquility, prosperity and kindness, compassion and goodwill. Help us to love, to live to love. Report an issue

Sat Nam.

Students: Sat Nam.

YB: Hello, how are you my friend? Today you are best, better than me is that true?

Student: (---)