



SUMMARY MEDITATION:

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**Students: Infinity.**

YB: Infinity. Correct?

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This is your left hand, put it on your navel point and the center of the palm of the hand should be where your navel is, bellybutton is. Through the clothes, I mean to say, this is a radiation, it is not going to find any difference what you are wearing. It has its own secret, correct? And this you put there and this you put there and this, you keep it here. Correct? Got it? See that set? The thumb is inside, locked by four fingers and it's a set, right? Correct? No problem and hold this tight and can you move it faster than you, now, don't go this way or just this way, no, just like this. The whole body will move and you have to move this right side and the shell of the brain shall, actually, it's a cranial adjustment, we are very, very honest. Your head will shake badly and if you really do it right. This is, you are using a power to do the cranial adjustment and take care of the elementary part of the brain, which is the left hemisphere to be activated, for our own use. Now, move and move fast. I don't know, why they said, in one second, we have to move it three times, that looks very harsh to me, but that's what they say it. I was not there to ask questions, so, I was born late. So, technically speaking, that's the trouble.

**11 minutes: Now, keep on closing your eyes and keep on putting your whole life energy into it and that will shake your neck vertebra, your head, your cranial adjustment, it will adjust you jaw, what they call, tj, something.**

Students: (---)

YB: And see, everybody knows, I know, I know, where you will suffer. But, Har, Har, Har, that's the mantra with it.

Students: (Laugh)

YB: Mantra is, **Har, Har, Har**, have you seen those pundit doing? They do it correctly. That's the mantra actually. Har, Har, Har, that's what. But you have to do it mentally, don't shout loud, but speak, whisper it, whisper, whisper, the central nerve point and the tongue must be vibrated, so absolutely, thoroughly, that inside every glandular system must shake. Come on, keep moving, don't stop now. Har, Har, Har, fast, fast, the Har Har has to be, all you have not done for your age, today, you have to complete the quota. And when they take a bath in Ganga Ji, it is very cold water, and it comes that way very correct. Har, Har, Har, but now, you will have a fun, even here, it's a cold day, don't worry about it. You know, people do not understand, why they love Ganga Ji and why Hardwar, Hardwar. Har means God, dwar means, gate. Gate of God. There, Ganga comes from hills as cold as it is. And, when people have to take hundred eight times in and out, by that time, all glandular system and it's totally, fully charged.



Move. You must be mocking at that pundit, what the hell he is doing. See, how difficult it is, the guy does it any way. Buddhist took the slow version, Ong you know, they come from Tibet and cold areas, they are very slow, pundit is fast. That's the difference, but keep going. Or you see our granthis who do akhand path, the way they change pages, they beat everybody in fastness.

Move, move, move, move, full body must move. It will create at spinal pressure of twenty five pounds per square inch, if the exercise is done right. Har, Har, very fast, it's very creative. Once somebody said it creates money and other body said, as it's a printing press. And when he was going on the round, he found a, somebody's wallet. Money was there, but poor fellow has to return it, but anyway, he did find, he did find money, that's true. That's true, money came. But, unfortunately, it couldn't come all for him.

Move, move, it is a better exercise than yesterday, God, you did yesterday exercise fine. You have to jerk your spine from base to top and cranial adjustment. Jathedar, how is your that thing called knee?

Jathedar: (---)

YB: It's better? So, it will be all right in two, three days. Dr, Guru Chandar is a very good doctor, isn't he?

Students: (Laugh)

YB: One who spoke, we blessed. Move, move, move. Come on, you have only one minute and some of you are not getting your aura result. I am watching. Some of you are lazy, trying to avoid the issue. Come on, harder. Standby, **inhale deep, keep moving, keep moving, hold the breath, keep moving, faster and harder. Harder, cannon fire out. Inhale deep, deep, move faster, harder, distribute the energy folks come on, quick. Fire out. Inhale deep, hold tight, and this time, it's going to be long run shot, don't give up, come on move, move, relax.** All right, enough. **Eleven minutes of this is enough in life, that's how fast it works. Got it? Hello? It creates twenty five pounds of pressure on the spine per square inch. It stimulates the left hemisphere and it totally reenergize the, your activity brain energy and it does such a automatic adjustment in jaws, cranial adjustment and everywhere, you can't even believe it, but that's the way it is.**

## LECTURE

You know so many days are left. We chalked out the program of India today, we leave fifteenth and it's a good news for my doctor, Guru Chandar. His wife is leaving in advance, so he will end up, babysitting. So we leave on the fifteenth, because we will cross the dateline, so, we lose the date called sixteenth, we will reach Delhi seventeenth and we will be having a reception and a beautiful function and Delhi visit, eighteenth and nineteenth and twentieth, we will be in Amritsar, twentieth to twenty fourth and in between on day, we will catch the buses and go to Jalandhar, to meet the press and as well as the Jalandhar sangath. You know, we don't want our train to be detained for hours, as they did last time. So, we have obligation to do that. Twenty fifth, we will go to Ludhiana and have a great function there and twenty sixth also, there is a Sant Sarmelan, all four hundred and some saints are going to meet. So, that's tentative program and twenty seventh we will go to, Namdhari darbar, pani sahib. Those, Guru Ji comes here to meet me all the time, you know? Who ties a different turban? So, we will go there and then, next morning, we will be in Delhi to catch a plane home. See, how quick, clean, fast, it will be? All right? That was done.

Those who want to clean prakarma at golden temple are requested to take their sleeping bags because that's the only thing which can keep you warm, because at night, if you want to, if you feel cold, you can get into your sleeping bags, warm your hands and feet and all that, and then come out of the sleeping bag like a cocoon and start doing again. So, that is the purpose of sleeping bags.

What else? Everybody is trying to find virtue. Virtue. If the parents find the virtues and they share the virtues and give it to their children, that is the best gift they can give. Have you understood virtue? You know what a virtue is? Virtue is a accomplished value of life with character and commitment and it's a charisma in a human which is guarantee of a success. Human virtues are fearless, kind, compassion, caring, divine, sweet, mannerful, helpful, grateful. Have you understood the word grateful, grate and full, there are two words in it. It's fascinating, the way word have been spoken.

Tonight is my night to say good night and then, I am going to go to Los Angeles to work on my clinic. I am going to at least see how do they done the fitting and the furniture and all that. We have a now clinic there, which is, mind, body and heart. Dr. Kapoor has joined us for heart. Body is, Dr. Soram, for mind is, Dr. Yogi Bahan. So, three of us, have started a clinic in Los Angeles. How we will do it? There are two ways to give. One is to give people the impression and hope. Other is, do it and let them experience it. Actually, one of the virtue of the human life... You must understand, we are, we are spiritual beings, come on the earth for human experience, we are not human beings jerking for spiritual experience. That is a cheating, which has been done by religion, it is nonsense, it is untrue and it's unethical. Everybody is a spiritual being, has to learn to experience the human being. So, why it was reversed, because religion was used religion was used as a tool in the name of God to keep man under the thumb of the state. To control rebellion and exploit people. Till the time of Nanak when he said, man and God have one virtue in common, God is everywhere and man is, here in the full right of God.

"Mantu Jyoth Swaroop hai."

You are a personified God. Akal Murath. You are a personified God. There are so many words, out of Nanak that you are a personified God.

Are you willing to talk tonight work? How was last night? Isn't it good that we can do two days, like Tuesday, Wednesday and finish that? The rest of the work you can go rat hunting. Do you know that you do rat hunting. Mental rat hunting and you play cat games, you know that? No, you don't admit that. Oh, you are above board, you know, you are everybody is nice. You know, your fear and your neurosis are combinedly, make you, low grade human beings worst than a normal animal, because, animal is, in a quality of impulse. He has, animal has a impulse, that animal get go. Human has no impulse or it creates a impulse and is impulse creative is, because of his fear.

There are two powers to move. One is love, one is fear and 99.9 percent people move with the power of fear, 0.1percent move with the power of love.

"Jinna Ram pachatha, Virley Sahi jana."

Those who have recognized God within them and act like God, have no fear.

"Kethyan, Dukh Bukh, Sad Maar, Evidharit datha."

Many, many times, if comes the discomfort, calamity and tragedies and hunger and multiplies into hundred thousand million times, God, it is thy gift. Dekho, Catch-22, once you have that state of mind, you will always be protected. Because, this planet earth belongs to God, never belongs to you. He rotates it, you don't. You can't even take care of your routine, He rotates the earth. You know what a match it is? Have you understood? There is no fun hurting each other and going after

each other and insulting each other and being unloved and unloving and those kind of deals. Actually, you are born here, like one star in the psyche of the millions and zillion stars, interacting, holding each other, by the ray of the light. And, that's your qualification.

So technically speaking, we are the people, people of love, let us people love, have you heard that? So, to reach that intermediary state, when the psycho magnetic field of the computerized situation of the vibratory affect of the nuclei of the sense of the cell of the human interacts to the magnetic field, it creates its own circuitry and in that circuitry, as the ray, removes the interference and creates, its own circle or dimension or, in that we have the neurons effect of computerization, plus we have, nervous system to do the sensory and we have the elementary bonding system to create the existence of personality, and then which will project the reality into alpha and theta form and we sometimes, get into the depression of gamma to understand that our wavelength is not right, it means, the battery is weak. However, if we do not betray our sense of consciousness and correlatively **understand that we live by the breath of life and we make the breath to come through**, as a full swing and reduce the breath on average from fifteen to five, we can never be depressed or any misunderstanding, we don't need, because, then our intellect and intelligence work together and pressurize our life to the fact with the other environmental sensory system, in which we will have dialogue, which will be automatic and life will be nothing but a pure success. Got it?

Students: (Laugh)

YB: Now, keep this tape some time, transcribe it and read it to yourself. That is the mathematics of, it's the calculus of working life of the brain. Human brain, how it functions. Now, as heart pumps, the same pulse is felt throughout the body, it's called extended beat. It's called?

Students: Extended beat.

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(Students singing "May the long time...")

(Students stopped singing "May the long time...")

Students: Sat Nam.

YB: Blessed God gave us the life in experience. Blessed the Guru gave us the wisdom to experience. Blessed the environments give us the to understand and blessed the earth, which give us all to survive. All the stars, sun and moon is surrounding the air, the wind, the water, the elements, are all pure gift, for the mankind to be lovely, effective. In that gratitude and gratefulness, we call on thee, oh lord, master of our soul and consciousness, give us the strength to be pure, help us, protect us, on this auspicious day, Sat Nam.

Today is a very happy birthday, it's a birthday of a person, who I have great regard for. She has worked for me, for last so many years, as a president of the Khalsa International Industries and Trade and that is, Sopurkh Kaur Khalsa and see, how good I am, I asked you to bring cookies without telling you. So, in that honor, cookies will be served and poem is going be read. This woman has one beautiful thing, she has a talent of a mastermind which nobody has, that's a great gift and shall a great defect. She will never hurt anybody, doesn't matter what. So, as a president, actually, she should have fired everybody by now and she won't move, but as a person, she is fantastically beautiful, competent, capable, caring and very, very intelligent.

It's God's gift to Sikh dharma, because, she is a comptroller general and to Khalsa International Industries and Traders, because, she is the president and to me, that in very, very difficult hours, when I have to calculate numbers that computer cannot do it, she is so handy and she match up in talent. So, with all this beauty, wonderful gift of God, God bless her, she couldn't be here, because, she has to go to L.A to work and that's kind of situation, I appreciate. God bless Sopurkh, let's sing happy birthday.

(Students singing "Happy Birthday...")

YB: She is not a deer, she is a elephant. All right, Sat Nam. God bless you. serve the cookies. Oh, you have to read the poem, come on.

Student: To be a teacher.

In early August of 1971, after a year in the ashram and college was done, I was told that Memphis had taken a dive and that I should go to keep it alive. So with the sleeping bag and one suitcase, I set my course to pursue the chase to my greatness. I was young and full of dreams, with no experience of what life means, a fantasy dreamer, full of fear and doubt, with only five dollars, when I started out. But, despite all that, I did have faith, which was tested, when I got a taste of life's bitterness. I believed I was a teacher, that the had come to pursue my destiny and leave my home. So, the took me north, then, west and when I arrived, I faced my first test, no one here does kundalini yoga anymore. There is another path, we prefer to explore to find our way, another teacher had done his thing. In my first three classes, nobody came, but, each evening, I walked five miles to the park, where I would teach my class, just before dark of one or two, sometimes, even four, five and with those few dollars, I could survive, from day to day. I could not find a job, with a turban and beard, for there and the self, he was extremely weird. I wasn't a hippy, but I was still a freak. Though people liked me, because, I was unique and in September, I turned twenty one, so, officially, my adulthood had begun, as I began to grow. In a halfway house was where I stayed to maintain order over those who strayed into that place, usually late at night, wanting to crash, though some wanted to fight and many came, who had ODed on dope or who had run away, because, they couldn't cope and had nowhere to go. I lived on cabbage, yogurt and beans, which kept me healthy, sexy and lean and from four to eight, with...

I did my sadhana, which carried me along through those times for my life was changing, for each new day, I was rearranging my heart and mind.

I worked as a laborer at a construction site and I would teach my classes every night, then, in the halfway house I learned about life, from the shattered people who had come through strife and asked for help, for food or place to sleep. All those long ago memories, now I keep in my heart and mind and in many cities across this land, other young teachers tried their

hand, for each one lifted and carried forth the plan, yet there are only a few, who still remain, who rose to the challenge of Guru's ways, who struggled through those early days, so long ago.

It all seemed so hard way back then. But when I think back and remember when I taught those, tiny classes in that park, to those few people sitting in the dark, I feel happy and grateful to my Guru, for those simple tests, that he put me through, to make me grow.

YB: Wow. Now, serve the cookies and be just, I know, you brought. Come on, come on, serve, serve, serve, thank you. Oh, yours is that big one.

Students: (Laugh)

Student: What size is that ring, what size?

YB: This is twelve. Yeah, take them and serve them, just start it from the back, one from the front, that will do. What about you? She just came before earthquake. You want some?

Student: (-----)

YB: Why not? These are Sopurkh's cookies. Yeah?

Student: (----)

YB: Good. When things are served, they become kosher, right? Check it out, how much it rained snow today.

Students: (----)

YB: She is perfect, nobody can match her, we are earth beings doing wrong. but cookie was good.

Students: (Laugh)

YB: Sadhana is studying quite good? Sadhana is studying?

Student: (---)

YB: Oh, hello, how are you? What is this?

Student: (----)

YB: Okay, present, it's a present too? Let me open it, open it now. Thank you for the present. Sit down, .