

SUMMARY MEDITATION:

We have a little meditation to do today to get rid of our couple of years of painful... to unload over-full.



11 minutes: I would like you to take your **left hand and take your right hand and put all these fingers out, these, situation. These mounts. These are four mounts under every finger. Put your four fingers under and touch this thumb and connect it together like this, sideways. Okay, and put this finger straight and put it in the heart center please and sit straight. I would like you to now breath through your throat, directly in and out. (class begins) I would like you to experience the breath as well as you can--take it in, take it out. Keep your mouth open, keep breathing through the throat--not with the mouth. The throat. (demonstrates) Just concentrate. Can't you concentrate for a few minutes? You just**

inhale deep. Hold the breath, and within the span of holding the breath, reduce to your birth of day one. Turn the clock backwards, go deep through your psyche to your first day of birth. Breathe out. Inhale again. Try it again. Let it go. Inhale deeply again. Hold the breath tight. Now this is the third time. Reduce yourself. It is called Partahar. Reduce yourself to day one of your birth. Relax.



LECTURE

Today is a practical workshop almost. We'll do it today and tomorrow. It is the duty of the negative mind to give you a series of negative thoughts. It is obligatory. Negation is protection. Negation is not the worst thing in the world. Negation is protection. Those who do not seek the protection of God, or their mind is not attributed that God protects them, have to use negation. It is a simple law. Because life has to live, and there are two ways for life to live. One is that it has the essence, the divine shield and it has the divine protection. If that is not available, then the negative mind comes first. Positive mind comes later. Now the negative mind has to come first to negate everything which possibly can think it can threaten you. So negation is a protection, negation is isolation, and negation is also cause for depression, corruption, and to ridicule ourselves in the end. But the problem is at the maya moment of the time it suits. It is a handy thing. Because when you become positive, you have to give. Positive is giving. And it is endless giving. Negation stops that giving and gives you the feeling of temporary victory. It gives you the sense of sensitivity of conquering. It is just like people who cannot stimulate themselves in higher consciousness, they have to stimulate themselves sexually. There is no relationship in it, but after all a life has to live. These "rasaas", these juices of the tatwaas have to go somewhere. The body is of the five tatwaas, five tatwaas have five rasaas--five juices. They make the nectar, and a man has to have an outlet. Life span, forces you to the outlet. It is not possible for you to stop it. Some people try to deny this, deny that, deny that, don't do this, don't do that! That is ridiculous. Because you keep on denying things, negate things, isolate yourself, and get into a corner where you do not know what to do next. Then you are nailed to the wall. Or, feel free, go ahead, get opportunity, enjoy it, flirt around, run around, do everything possible, do what the money can make you do, do what your youth can make you do, do... those kinds of things. One day, the day shall come when the juice will be out. That is the day you will confront yourself. In the heat of the moment, who cares for who. That's understandable. But this life is so real, that this life itself teaches you to trust God--not the dollar bill. Because whatever you are trusting other than God, and not God in the form or the shape or the personality of..., God as infinity. Because if you believe in death,

you are not a human. Because a human never dies. You only believe in death because you have no relationship with your soul. Body dies. How many times has this body died? Many times this body comes and goes. Body is part of these tatwaas, tatwaas belong to this earth, earth belongs to the body, that's okay. Mind was given you to keep a bridge between the soul and the body, but when the mind starts ruling you, then it produces tears, negation, belittlement, anger, vengeance. Finally, like a computer, it takes up a pattern, then your life is set, you are doomed. Then like a thirsty deer who is hungry, thirsty and in the desert it sees a beautiful river flowing. Actually it is the heat which is the sun's reflection. It is a mirage. This deer runs and runs and runs and goes there and when it reaches there the mirage has already gone further and goes further and further and further.

Guru Arjan in Sukhmani explains it. The desire are like fire, the more wood you put on it the more it demands. Go on catering to it; it will be endless. Finally it will consume you. But the problem is that temporarily it is very satisfying. Temporarily it is a very unique trip. It gives you the sense of victory. Sexual intercourse is nothing but a momentary sense of victory. And it can happen between a male and female goat, or both can feel victorious or one can feel. Actually it is nothing; it is just an outlet. They don't make any sense at all. You do it again and again, a hundred times, a thousand times. It doesn't take you anywhere. Exactly negation is that is what the mind tells you. Because if you trust in God, then you have to be positive, you have to be infinite. Then there is no "no" in your life. Nanak = no "no". Nanak means where there is no "no". But you have to say "no", so that you can feel when you say "yes", you are the giver! Not the God. And constant negation builds up isolation; constant isolation builds up depression. It is like the weather. Somewhere there is a low pressure so high winds come in and create a heck. Somewhere there are high pressures, low wind. This continues, cycle of life. But we have to look beyond this. The purpose is to look beyond this to feel God--living God in ourselves. Feel it and then confirm it. God gave you life to begin with, He is not going to deny you anything. But you deny God and then you create a philosophy. Philosophies... And to be very honest with you, people have been selling philosophies for thousands of years. Every person comes and talks to you, "I'll give you moshsh (? GM), I'll give you freedom, I'll give you liberty.

It was a very unique counseling in my life. This man was so perfect. I became very friendly with the family, I used to go to their home and I used to see him talking. And one day he and I sat down and I asked him one question. And I said, "Why do you want to tell your wife, who is very, very beautifully well disciplined woman... Why do you take this bazaar liberty with her?"

And he very politely said to me, he said, "Well, I was thinking to discuss that with you."

I said, "Go ahead. Discuss."

He said, "I do not know; I cannot accept her spirituality. She is a~ extremely noble woman! She is very spiritual."

I said, "I understand." I said, "You are using all your force, all your intelligence to corrupt her."

He said, "May be."

I said, "Do you want your wife to be corrupt?"

He said, "No."

I said, "Look at this. On one hand you don't want your corrupt wife, and on the other hand you are trying everything to corrupt her."

He said to me, "I need a psychiatrist."

I said, "No. You don't need a psychiatrist, you need some sense. What can a psychiatrist do for you?"

He said, "What should I do?"

I said, "Accept her being spiritual, and then try to match up."

He said, "I can't."

I said, "Why not?"

He said, "Nothing in me talks, but whenever I say something, something in her talks and she says, 'My inner voice says...,' and that bugs me. It looks like a second husband. She is not married to me. She's married to this inner voice."

I said, "That's why you try to get her rib. That's why you brought your friends to do whatever you wanted to do. That's why you are trying to do all this." I said, "This inner voice works two ways; one is corruption--that's ego. When a man has no God in himself, the ego talks to him, and it is so clear, it is so crystal clear. Men who follow that inner voice are doomed forever. That is the voice of the fate, not of the destiny. But this woman has a destiny; she cannot be destroyed. Her inner voice is not ego; her inner voice is the Word of the Guru. She follows the Master. It is not her voice it is His Master's voice, it is Her Master's voice. You cannot destroy her." You know what that man said? Man of four children, father of four children.

He said, "I can't stop at least trying. Because in this woman lives a demon. Lives somebody wiser than me; lives somebody stronger than me. I want her; I do not want something in her!"

I said, "Fool, open up your eyes. You are not looking at the goodness of God. This woman is good, she is noble, she is loyal, she is truthful, she is rich by her own right, she is mother of four children. Look how beautifully she has raised the children. Perfect wife, perfect mother. She runs her business independent of you, makes almost more money than you, still respects you, still has reverence for you. What is this conflict?"

He said, "The conflict is she is more successful than me. She is wiser than me; she is more intelligent than me; the children love her more than me; she has decorated this house, see how beautiful it is. She is friendly to you. Because of her I am friendly to you. She is possessed."

I said, "No, she is not possessed. She is just intelligent, she just believes God. Her belief with Guru is stronger."

He said, "You mean to say that little book you gave her, that's all it is?"

I said, "She's the only one who has read that book and remembers it by heart. She quotes it." When we were talking more deeply, I said to him, "All right, try your best. See what happens."

And he said to me, "Are you not mad at me?"

I said, "No, why should I interfere between a husband and wife. You are all together. I'm just a man of God, I came in this family, I love you all, I saw this, so it is my duty to tell you, you are wrong. There is nothing wrong with your wife. If somebody is a better partner it is an asset, it is not a liability. But your nature is not to live and let live, your nature is to conquer and destroy. All humans who want to conquer other humans, shall destroy themselves. Because God made every human an individual. You can live in love, you can help and guide, but you cannot conquer another person. It will be against Mother Nature, and Mother Nature tolerates no nonsense. There is no compassion there. There will be a tremendous reaction--ten times more." Matter ended there; it was just a communication.

A couple of years later I just met the woman--very calm, very sober, very graceful. And I said to her, "How is your husband?"

She said, "He is fine; he is recuperating."

I said, "What happened to him?"

She said, "You did not hear? Didn't he call you?"

I said, "No."

She said, "Well, one night he went out in a rage and drank himself to death, had a car accident, he doesn't have use of his lower legs, but we are trying to do everything to make him feel good." It was a unique opportunity for me to just follow the track of my thoughts.

I managed to see this man in total, absolute privacy. I didn't want to disturb the social order of people. I said, "Hi, how do you feel?"

There was one big tear in his eye, and he said, "You were right. I couldn't destroy her, I have destroyed myself.

She has served me so well; I feel so guilty; I don't know how to talk to her."

I said, "You crazy guy! You cannot accept the gift of God." You guys who do not want to accept the gift of God, and you guys say you want to accept God? Do you understand the problem? The God gave you the pranic life, God gave you the mind, beauty, body, self, soul, five tatwaas. It was a gift to you. You have not even accepted that. You have not even accepted the way God made you. And you do not accept what God gave you, and you say you want to accept the total God? What right do you guys have? I am not talking of that religion which says, "Just believe and pay the money to the Church. Everything is all right." That is the... That's the majority. Majority is, "Don't worry."

There is a very minute minority which says, "Wake up, do worry, time is going on!" (GM #32) Behaani ke janum, Nanak raak leo karaapane karm. Eh ha(n) jugta, behaani ka janum, eh ha(n) jugta behaani ke janum, Nanak raak leo karaapane karm. God, with all my cleverness, my excuses, I have lost so many opportunities and so many life times... (GM #40) Eh ha(n) jugta. Jugta means methodology, technology, your facade. Each one has a facade--their own facade. Even those who walk on the True path, they also have their facade. They interpret the Guru they want to interpret, not what Guru says. Guru says straight things. They don't fit in much with a lot of people. (GM #47) So... Eh ha(n) janum behaani, eh ha(n) jugta behaani, eh janum. So many lifetimes have been ruined, spoiled by these schemes. Nanak raakh leo karaapane karo. Nanak, bless us God, have mercy and save me. Save me from my own schemes!!

When I was in a school there was a very beautiful.... A thing in our course. (GM #58B) Mujeh mareh dost un sarbichau. Save me from my friends. And I used to question, "Well, friendship is a necessity of life. Why should somebody be so egotist that one doesn't want friends." But when I read the article of Mushi Premchand, who was a great philosopher, the way he wrote it, he said, "You don't need enemies, your friends are enough." He said, "An enemy challenges you, wakes you up, confronts you, makes you face life. It is the friend who lulls you to sleep and robs you naked." And he gave a lot of details. Some people run around--I call them light of lust.

Once my son said, "I cannot live without this woman!"

I said, "Don't follow her for God sake. She is not going anywhere." But you know one thing of beauty in this lust is it blinds you. It makes you... E.N.T. goes away--ear, nose and throat. You can't speak, you can't hear, you can't see. You are all out. It totally bewitches you. Lust has that longing, that madness. But also the same (GM #85B) kaam is lust. Kaamana also gives you God. But when you see the totality of the reality, then you get to God. But when you see only the object, then you become subject. Human is the same, there are no two ways, energy is the same.

When I said to him, he said, "She has a light around her!"

I said, "Yeah, it is the light of the lust. It will get down to your legs, and you will never open your third eye again." But you know, who listens. You know the funny part is, people think they can have a big hole in the boat and still they can make it to the port. That is what I have seen in experience. You know they have two hundred foot boat, and they have a four foot by four foot hole in the bottom and they think, God, that their engines can carry them all the way. They can leak out anything downstairs, and they feel that everything will come out. It doesn't work that way. You have to close this lower chakras to enjoy the higher chakras. Take a bucket which has no bottom, go on pouring water in it. Will you ever fulfill it? Can you not learn from that? Everything through first, second, and third chakra goes out. All your life is nucleus about it. And then you think that you should have visions, you should have powers.

You know there was a very saintly man. Once his disciple came and brought him a lot of offerings. This man of God looked at it, loved it, blessed it, made him sit down. Told him, "I am very happy with you." He was very pleased. After two or three days staying in the place of his Master he was going to leave, and Master said, "I have a present for you." So he put a big necklace around his neck. It had all the presents he had ever brought. And the Master said, "Keep it around your neck until we meet next." How would you like to carry about twenty pounds around your neck. That was almost the weight. But he was a good student and he realized that "Master wanted the spiritual height, I wanted to buy it with the presents, so he is going to teach me a lesson." He said, "Let me go away. I'll carry this weight a couple weeks and come back. And it is only until we meet next, so it is okay."

So he went back home. His wife saw him and she said, "What is around your neck."

"It is a present given to me, I have to keep it that way."

She said, "Forget it."

He said, "No." There was a fight right there.

He said to her, he said, "Darling, look, I'm not bothering you. It is between me and my teacher."

She said, "What do you mean it is between you and your teacher! Tomorrow you will go to work. How will you show yourself up?"

He said, "It doesn't matter. That's the way I am going to show."

She said, "No, I'm not going to take it."

So next morning she gave him a notice. She said, "Either remove this from your neck or I am packed up." She didn't even wait for the reply, she left. So one thing was gone.

So he went to his office. Everybody looked at him. He looked like a funny.

About fifteen days later; one day he was working and his teacher walked in. He got up in reverence. He (the teacher) saw him in that thing.

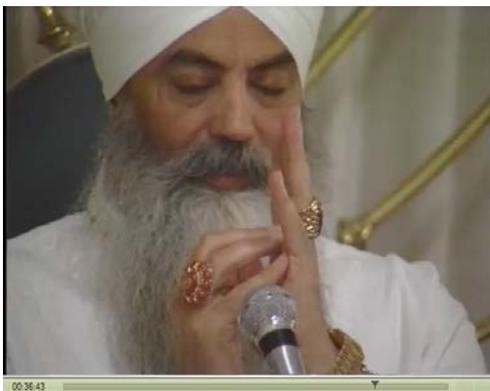
He (teacher) said, "Okay my son, give that back to me now."

He said, "Master, now you can take it or not take it, but this will now live with me forever. I will always remember that I belong to you, and I will always remember that nothing else belongs to me.

That was what you call the moment where the urge to belong completed its cycle. It started with a little thing--twenty pounds of weight, which his Master gave. But it had the Infinity of life in it.

We have a little meditation to do today to get rid of our couple of years of painful... to unload over-full.

11 minutes: I would like you to take your **left hand and take your right hand and put all these fingers out, these, situation. These mounts. These are four mounts under every finger. Put your four fingers under and touch this thumb and connect it together like this, sideways. Okay, and put this finger straight and put it in the heart center please and sit straight. I would like you to now breath through your throat, directly in and out. (class begins) I would like you to experience the breath as well as you can--take it in, take it out. Keep your mouth open, keep breathing through the throat--not with the mouth. The throat.** (demonstrates) Just concentrate. Can't you concentrate for a few minutes? You just



breath through the throat, that's all. (#279) **Inhale deep. Hold the breath, and within the span of holding the breath, reduce to your birth of day one. Turn the clock backwards, go deep through your psyche to your first day of birth. Breathe out. Inhale again. Try it again. Let it go. Inhale deeply again. Hold the breath tight. Now this is the third time. Reduce yourself. It is called Partahar. Reduce yourself to day one of your birth. Relax.**

The rest we will do tomorrow. Tomorrow is Wednesday, 7:15 we'll meet.

May the long time sun.....

Bless me with my own peace, bless me with the depth of my own roots, bless me with my own integrity, my own commitment. Bless me with the power to stop wandering, do not let me go loose. Let me not be lost, be as lost; let me find the path. Give me strength to walk, give me strength to reach the... Let my soul sing Thy hymns. Let me see the glare of Thy beauty. Unto that peace I pray. Sat Nam.

We will meet tomorrow at 7:30, 7:15, right. At the Yoga Center and we will complete the rest of the set.