

740516 Rate Of Breath, Rhythm Of Life

Los Angeles Lecture –

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SUMMARY MEDITATION **3/11 minutes**

And now let us meditate and see if you can few minutes concentrate, naturally to vibrate to infinity. Posture for this is very simple and posture for this is very unique, under all circumstances sit in a very, very beautifully straight form but all the five fingers and the thumbs will be straight on your knees. It's a very simple but it's a very weird posture. You will find it, you will (?) find in few minutes what it does to you.

Wahe Guru, Wahe Guru, Wahe Wahe Wahe Guru



Audio 11 minutes



LECTURE

.... Many times, many times at many places many people of God have talked many ways. But neither God could do anything nor men of God could do anything. The forgetful nature of the man is always responsible to forget that is his total activity of the psyche and intuitive powers based on the rate of breathing we go through. Because rate of breath is the rhythm of life and nothing else. The song of life is nothing absolutely but simple rate of breathing. Man got involved into the imaginary situation into ecstasy to praise it (?) so many things and fix so many levels of consciousness for this poor little simple breath that we forgot about breath all the way. To us life is matter and not the spirit. Actually life is the spirit, not the matter. It doesn't matter what matters but when there is a spirit then the matter... matter is always around the spirit, spirit is never around the matter without because the creativity of non-destruction of matter in space is based upon nothing but that of the spirit. It's a basic fundamental thing, you have to deeply understand it. You know, no matter can exist, and no matter can be created and no matter can be formulated and nothing matters if there is no spirit. Am I clear?

It is the spirit which matter matters and where there is a spirit it will be surrounded by matter. And beyond this I don't think anything one has to learn. That's all it is. And spirit means breath, (?) it up. Breath, and the rhythm of the vibratory effect of life is measured by the rate of breath. And the (?) community of the mind in the level of consciousness of activity is based on how much you can do pranayam and how can you do partahaar. How much breath you can contract and how much breath you can expand that decided your ability to relate to the universal psyche in relation to the personal individual personality and there is no big deal about it and there is no big (?) about it. But through the time man forgot to give this message. Through the time man gave this message but man didn't listen to this message. Every time the story is the same, (?) the plot is the same, the actors are the same, the achievement is the same, but discipline is discipline. different. And actually speaking in reality and fact to you there is no difference in discipline, simply it looks discipline. different.

I was reading one of the great, great old books and the man who was translating that to me was absolutely shaved head. You know that round head roundhead we call them. It was a round head round head red cap lama. And you believe me or not you can rub your hand on his head you can never believe that he ever grew a single hair. It was so flatly done. And he was reading me Kundalini through the tantra. That was he was reading me. And there was a one very beautiful line, now start this practice after consuming that you are absolutely intact. And in that intact ness it is (?) that you put the air hair as that of the shape of the Kundalini down below in the (?). And he translated to me. And you know I skipped out. When I add a lot of butter tea, you know then I warmed up. I said, "Great man, did you hear what that scripture said?"

He said, "Yeah." But he said, "You know, these books were written in that time and all people had everything intact."

I said, "That's what I agree." I said, "What about you?"

He said, "I am supposed to only translate, not to practice it."

(Students' laughter)

'I am supposed only to translate it not to practice it.' Man in this form always forget forgets the level.

Once I went to a very great perfect master, (?) perfect. You know, perfect is or is not but you cannot dare to call him imperfect, otherwise your jaw will be broken.

(Students' laughter)

I defined the perfect master like that. Whether he is perfect or not but if you say he is not, your jaws are not intact, he is perfect, otherwise not. That's how people believe in him. Some are really great. So I wanted the to experience that perfect master. Nutty as I am I walked through a great hoard horde of trained elephant. You know what a trained elephant (?) elephants are; they hold(?) around three people to get into to come on to Kundalini Yoga, Yogi Bhajan is a great teacher, he can inspire you like that, man you go in his (?) this happens, that happens, you know. You do that commercial sometimes don't you? So you go through those kind of situations. Reasonable. Everything is reasonable but by the time I ended up into the area from where onward a situation was really to start we call it entrance gate, I sat down and I just thought over myself

that I have been totally brainwashed. Completely. With a very firm note I asked myself should I go in or should I do not. Then after a moment I decided but why should not? When I have come all the way up to this point let me go and experience it myself. Calmly I went in, I sat down, it was a usual introduction which normally (?) you call as introduction. And I kept looking straight and he asked me a question. He said, "You have come here with a question to remove your doubts, you have come here to get some blessing to start your life or you have come here for darshan? You (?) these three things."

And I replied to him, I said, "I came here to put myself in doubt, I came here to totally speak out, and I am feeling absolutely terribly negative."

He said, "Very very intelligent man." He said, "Suppose you have to act in the presence of God what you will do?"

I said, "I'll punch out His nose."

(Students' laughter)

And he really looked around me. He said, "How you can say so?"

And I replied very calmly, I said, "I don't believe that God can make a man in His own image and give him the breath of life; after doing so, man has to live in such uncomfortable situation of doubts."

He looked around and he said, "Do you practice any philosophy?"

You know, there are different type of philosophies, Vedanta philosophy, this philosophy, that philosophy, shaiva philosophy, there are different philosophies. "I think yes, I practice one thing."

He said, "What is that?"

I said, "I practice no philosophy."

He immediately asked me, "Do you believe in God?"

I said, "No, I don't believe in God, it is right in me, don't you see that?"

And he said, "I don't understand you."

I said, "I am not a (?) puzzle, I am asking you a very straight thing. I walked three miles unto your place. Almost between thirty to forty people I met on the way. The vibration was the moment I come in and see you I'll see a guard in action. And I come in and see you I saw a baby elephant."

(Students' laughter)

"And I can't believe that you can deliver God, you cannot even see your soul."

And he said, "Doubt not. Otherwise..."

I said, "Otherwise, I'll have a very good dinner tonight, otherwise nothing is going to happen."

Now I was working on a simple psychology how much anger he can have. Then And I was enjoying the aura, I had nothing else to get. And he said, "God give us giveth and God takes away."

I said, "Who can give you this monkey (?) can give me two because He creates everybody alike."

It was surprising his eyes was so (?) were totally red, (?) puffed out and he had a little tiny bell which he rang up.

(Students' laughter)

And two little (?) came in, he said, "His time is over."

I said, "No, my time is not over. I have to talk to you."

He said, "No, no your time is over."

I said, "My time is not over. I am not going to get away."

He said, "No, no you have to leave. I have got another time."

I said, "Could you let these people go away and talk to me please, otherwise situation can be uncomfortable."

(Students' laughter)

He let them go and I sat down and I said to him very clearly in consciousness, I said, "Look, there is no fun in using the advantage of your place. Because if you use the advantage of your place I have a sufficient authority to command you to come and appear before me, so let us not play on ego. But I want to tell you one thing; if you answer me correctly I'll be grateful. How you play this? Why people think you are perfect? Why people think you are great, when you are no, you are not. And you know you are not."

You know what he answered me? He said, "Because I keep on saying I am perfect, I am perfect, and people do not listen what they want to listen, they start listening what they even do not want to listen."

It is a constant continuity of that image and it immediately reminded me of something and I bowed to him and I said, "Namaskar! You are really perfect."

And he said, "Wait a minute! What made you think that?"

I said, "My teacher told me, when you go to learn some place never teach there, so if you want to learn what made me to believe in you please come in my class sometime and I'll tell you," and I'll walk away and I tell you today.

There is no image and there is no reality; the only reality is that of the breath. If all the breath is used, all the prana is used to say something again and again and again and again, it becomes japa. Japa has tapa, tapa makes sense manifests and even God can be stopped."

Some people tell what is in reputation, repetition, what is reputation, in repetition, why you go Sat Nam, Sat Nam, Sat Nam, what is in Sat Nam? Sat Nam is that you will become Sat Nam. That's all it is about. Because the creativity of the metal matter and the creativity of the metal matter into form, shape and expansion and contraction is based on one thing and that is the spirit and the breath of life is all that what is all about. But you know why don't you get? Because you don't give. A friend will come to you once, twice, ten times, fifteen times, twenty times, and if you don't invite him once he is not going to come again and again. Will he? What you can just repeat once a while and he will withdraw. Breath comes, breath comes, breath comes, breath comes, breath comes, breath of life comes but from where it comes you don't return yourself to that even in meditation.

That's where the relation of the japa with the meditation is. And it has to be totally conscious. It's a conscious effort, unconsciously you are building breathing there is no use. Because then the giver or of the breath is (?) acting.

Unconscious acts are by nature conscious acts are by your own spiritual conscious nature. There is a nature and conscious nature. As there are personalities, personal and impersonal. Anybody who does not maintain the balance between personal and impersonal personality of the being in the identity of self, is always in a mess and he juggles (?). Why? Impersonal is your creativity of now for tomorrow, personal is your now. Impersonal now is tomorrow and personal now is now. Past is nothing but the given environment. environments. Past is not a reality. Past cannot be reality. Future cannot be reality. Only reality is now. Because now can give you the experience and if you can miss now, neither you have past nor you have future. In other words in simple scientific language neither you have personal nor you have impersonal. Then what you have? I tell you what you have. Confusion, misery, anger. Everything else will just jam on you like a hell if you do not know to keep the balance in the relativity of equilibrium of personal and impersonal self.

Any area of the body you feel is filthy go on giving vibrations, negative to anything, you will get sick in that area, it's a law. Any, don't worry about it. Call yourself stupid twenty times a day, after everybody say oh Mr. Jackson, that stupid guy who calls twenty times(?) stupid and then Jackson will be forgotten, stupid will be remembered. Because in reality, on this earth there is no other power than that of the God and there is no such thing as God, other than the spirit and it is the universal spirit of the west. breath. It is you being UB, United Bank of Breath.

(Students' laughter)

Sometime you should remember about money too. It comes and goes.

(Students' laughter)

Believe me. Now listen, I tell you one thing very freakish.

Two things cannot be constant. One is money other is time. Moment they can be constant, they don't exist. And there is nobody who is rich. Nobody. You believe me or not, I tell am telling you a new theory. If you have lot of money and you don't spend it you are the most miserable person. And if you don't spend it after you are dead your death somebody is going to spend it anyway. So if you don't spend it somebody spend it, if you spend it you spend it, right? But it won't get you anything without spending it. It must move to get you anything. That's the law of money and that's the law of time. It must vibrate, it must circulate, it must move. So there is nobody rich. Because a rich cannot wear six shirts and twenty trouser at the same time. It can't happen. He can't travel in nine cars in one and hand, in somewhere head, you can't do that. You can get a big, big, big car, you can get a small, small, small car but you can only travel in one car at one time. You can eat (?) few toasts, at one time, you can't, rich cannot tie sandwiches on his belly.

(Students' laughter)

Actually rich is nothing but a present beggar. Whereas poor is nothing but a future beggar, that's all. You know how? The poor prays nothing through the prana and says God make me rich. And rich does nothing else to pray God don't make me poor, right? (?) So both are actually poor and nothing else. One is afraid of poverty, one is in poverty, so what is that? Is there anything worst worse than that? Think of the rich. He eats exactly what he can but he does not eat what he should, therefore he is sick. Poor eats what exactly he can but he does not get it, he does not eat, therefore he is sick too. So both are sick. Do you understand? Poor has nothing to do and give as charity, so he doesn't give. Rich has lot to give but he is afraid to give he doesn't give. Both do not give but when rich dies it is known as automatic charity.

(Students' laughter)

Because he doesn't carry anything within, with him, you understand? Everything is taken away anyway. So one is a voluntarily charity other is involuntarily charity. But he will say to be rich it makes you feel good. You follow what I mean? No, that's not true. Richness does not make you feel good if you do not have a rich heart with it. If you have lot and the container is very tight what is going to happen? Eruption. Rapture. So if you have lot and you do not have container hard, your consciousness wide horizon big with it you are going to cause trouble. And any way same way if you have nothing and you do not have big heart you don't create (?) vacuum nothing is going to come. So what if keeps your mind carry, big, vast, full of ecstasy?, | Long deep slow breath. Without knowing the technology of how to live, living is meaningless.

Contraction and expansion, parthaahar and pranayam are the laws of life. When, where, why, how? That is the technical knowledge or technical know how.

So fear, fear is nothing but inadequacy in action and depression is nothing but inadequacy in mental imagination. That's all. And that is what bugs God almost too much. Anger and depression are two things which God doesn't like everything else he loves. Because then he feels that he is being criticized. His manufacturing style and his art and design is being criticized and who wants criticism. A man which is in the image of God doesn't like criticism you think God will like it who is a reality?

The most sensitive part of the God is the criticism on His self. That bugs Him the most. And it is so annoying to Him that He gets in him Him who annoys Him and unmolds all these groups. the screws. It is like an (?) artist; if his one painting brings lot of criticism he goes in a range because his name is in danger and his (?) Sat is not existing he tears it apart. Remember what is all out our habit is that is how the equilibrium of nature when goes out of balance it acts.

You will ask one question, why these men of God are crucified in the end? You know why? They want to grind deep an impression so that they may not be forgetful. They want you not to forget them, that's all. It's absolutely selfish trip. You know why? Because they realize the self, they put the self on the cross, they put the self on anything so that they put the self before you and play that drama., When the self sees the self, self cannot forget.

Ultimately in reality you know, I know and we all know, we all have to go because we all have come. In this coming and going stay here is a granted period of life. But one who stays consciously is the one who learns consciousness consciously, one who is conscious that he is to learn consciousness consciously, one who can find some source of conscious technical know-how consciously so that he can practice conscious living., without conscious living your life remains in a routine unconsciousness

and that is in the end you find you have found nothing. Some people are so unfortunate, they even do not find hell, you talk of heavens.

(Students' laughter)

They run around in midway.

Somebody asked somebody, "Where you went?"

He said, "I met a guy, he told me let me take you to God."

He said, "Then you went?"

He said, "Yeah, he went but I waited for him."

Somebody just live to wait for the life, you know some people wait. Lot of human beings wait where to become holy.

Then the (?)train leaves, the prana leaves and the body drop dead. Waiting. And then their practice, their meditation on waiting is so much then (?). His hands are out. their soul waits. It hangs around. Waits. And millions and trillions and billions of trillions of billions trillions are such around us.

Actually the creative consciousness is to create and create and create and create and create, consciously create. That is conscious creativity. That's why you know that mala? Has somebody got mala? Yeah. When You know, you meditate on this Sat Nam, Wahe Guru, whatever you want to do I mean, I don't care, (?)Hallelujah, Shalom, whatever, I am, I am, I am, you are, you are, you are, beautiful, beautiful, whatever you want to do, it's all mantra. I am sick, I am sick, I am sick, I am healthy, I am healthy, I must say four times to cover that three times (?). Time out and balance out are two beauties of life which means you are willing to live. Here you go and like this and when you turn on the top you know why it is like that? So that you can turn around consciously and you can feel, so if you do not become a stereo type stereotype; you can meditate constantly without... I can go on lecturing and it can work and when it ...will, it is so conscious act, this going up the rosary or you call it a mala or beads is such a conscious act that you will do anything, your mantra can go but when that hard stuff, that (?)tip will come you will automatically utter turn like that. It means you break the routine and you turn again. So it means if you are gone sleepy or unconscious your mala is going to stick somewhere. It won't work.

I had a guard, I used to put him on armed duty, between twelve to three. He will just stand twelve to three with a rifle and with about three feet (?) on it and when I'll get up 3 o'clock to walk the way to my showers he will just on a certain step of mind mine, he will come to attention, take the rifle up, give me presentation, I am (?) I'll pass, he returns back again exactly perfect. When I turn that way he will do exactly the same thing. But one day his (?) told me, "Sir, he sleeps."

I said, "I don't believe you, I get up everyday before 3 o'clock before he is (?)".off."

He said, "No."

I said, "You prove it to me before you do it.", perfect."

You know like a perfect master .he said he is perfect. He said, "Sir, he is perfect in your eyes but in my eyes he is a living danger."

I said, "All right, tomorrow morning."

He said, "Okay."

So I got up at two thirty, I came out, I called him, I said, "What we have to do?"

He said, "Today you will not walk on steps. You will slip your feet."

You know, slipping of the feet (?) like that you know you slip your sandal. So I started slipping my sandal nothing triggered up. He kept stagnant. I walked by him and nothing happened. I was surprised, then I went the other side I said, "What else I should do now?"

He said, "Sir, now start walking with your sandal this way."

I started walking and moment my foot step about exact eight-nine feet from him (?). It was so automatic, it was so mechanical.

He was actually in a Samadhi.

(Students' laughter)

He could do. This is what you want (?) meditation Samadhi. And you know what Maha Samadhi means? Death. Congratulations on your Maha Samadhi.

(Students' laughter)

One American wrote to somebody, all he said, you know this function was that today so and so has been initiated and this and that and (?)procession happened, he said, "Well, it's the highest position he got," so he looks looked on the yoga he found Maha Samadhi." And he wrote, "Congratulations on your Maha Samadhi!"

So life has to be very conscious, that is why life has been given to you. That's why you have two nostrils. There is nonot one hole. Left and right, Ida and Pingala, which keeps to keep your temperature. Breath is the secret of life, breath is the joy of life, and breath is the magnet of life. That is why where you chant, you vibrate, you attract everything including the Creator of everything, the Gods, God, the consciousness. That is what your higher consciousness is. And you are what you chant. If you chant Sat Nam, your identity will remain as truth. If you chant Wahe Guru your ecstasy will be nothing but light and knowledge. If you chant hum, hum, hum, you will become ultimately hum, hum, hum. If you just play dum, dum, dum, you will be dum, dum, dum,dumb, dumb, dumb and if you say rum, rum, rum you will drink a lot.

(Students' laughter)

You are going to get what you are going to vibrate and nobody can help you. Guide is the only the guide in presence, guide is only the guide in future, and guide is what you are going to (?)guide yourself too.to.

Therefore please remember, don't isolate yourself because of ego and don't extend expand yourself because of condition. ambition. Remain what you are and that is the fundamental secret, it's the fundamental secret of happiness and joy. That is why Guru Nanak said, slave Nanak praise O lord, bless me out of thy grace. Slave, because master always whosoever is a slave will become master. Whosoever will give always get. Whosoever will give, (?).

'Praan ahuti, daya teh prabh ko, lijije merey parthanhar, taye dasi mai teh vilasi, teh ki dasi devan taar, Sat kar.'

It is so simple. She says God gave me this prana only for you my lover and I offer all this material and non-material being of mine at thy feet, now it is up to you, whether you love me or hate, accept me or join me, unite with me or not. I am not anything but if you honor me then I am (?).everything.

If any woman has that kind of love for any man God, Almighty God will just fan that couple, doing anything I don't care. But there is no longing, there is no urge for union. But if there is a longing then one will just go into the very life of the master. Longing will create a (?) statement of ecstasy of consciousness to belong. It's the most powerful and magnetic force ever it (?), could be or shall be.

That is... there was a man, somebody told him, "You are sitting here alone?"

He said, "I am not alone, I am always with my beloved."

"Oh beloved! She lives thirty miles away from you (?)."

He said, "No, I am not kidding, I am telling you honestly, she is (?)."loves me."

He said, "I don't believe you."

He said, "Well, wait a minute you go and take my name before her."

He said, "What will happen?"

He said, "Well, you will see it."

So he went and he said, "I went to meet Mr. So and so."

She said, "You saw him? You are coming from him? Really? It is true? You took name of my love. Did you shake hand with him, did you meet him? You saw him."

She just jumped and kissed his eyes, kissed his mouth, kissed his hands, kissed every part of his, he got so nervous, he thought he is being eaten up. He ran and ran and ran all the way and came back and told him, "God! What nonsense is that? You want wanted to test me?"

He said, "What test I have given to you, what happened?"

He said, "Moment she just heart heard about that four-five times you came from him, you took his name, did he see you, all that stuff and God, look at my blue eyes, she bit here, my lower lips are totally torn apart, and look at my body it is bleeding. If I would not have ran away she would have eaten me alive, what a cannibal.? What are you talking?"

He said, "You are crazy, you are crazy I told you she is always with me and she is in love with me."

He said, "I don't believe, this is not love man. She is a man eater."

(Students' laughter)

He said, "Well, my beloved is that way, that's why I am just here and I am just fine."

(Students' laughter)

He said, "I can't believe, after all, what is all about? I like to chop off this mystery."

He said, "There is no mystery, she loves me. And don't you see, you went had gone there and only taken my name what happened to you. If I would have gone what would happen to me."

He came home and he told one of his sister, he said, "Look dear, there is a mystery, this guy is in love with that woman and she is in love and why don't you just go and investigate?"

So she went around and she found her sitting and she was just doing like that with teeth you know you have the cut teeth when you have something, so she said, "Hi, so and so what are you doing?"

"Oh you have come, what is the matter?"

She said, "Well, I (?) something (?) what is happening?"

She said, "I am not weird, somebody came and he looked as my love and I wanted to eat those eyes where my love sat and he named him and I wanted to take away all the juice from his lips and body must have been within its aura so I thought I can live on that energy but look that dummy, that ran away."

She said, "Well, he might have been injured."

(Students' laughter)

She said, "Love is God. No, no he is not injured."

She said, "No, actually I saw a guy, he has all the cuts and all on that body."

She said, "No, no, I can't... he was with my lover, it's not true, you go, you go, see, see and tell me."

She came back and saw her brother, he is absolutely all right. She said, "(?) what happened?"

He said, "I don't know. After couple minutes everything became all right."

She said, "You know what she said to me? She said to me love doesn't injures, injure, love doesn't hurt anybody. And her words have just done it to you."

He said, "Wait a minute, now question is I don't believe you but I also don't want to go there."

And you know what the sister said to the brother? She said to him, "You will not go to her but I'll ever stay with her to serve her who is so pure that the Pranpathi, the God has given her the prana."

Pranpathi means also God, and pranpathi also means the male lover. That her word can heal you. And if she can heal with the imaginary power of love then you know what love can create? She can create God.

Those who know the secret to transfer themselves to the levels of chakra, you know those chakra we talk about to the highest of nothing, (?) the infinity, I belong to you my lord, not I belong to you for eating spaghetti tonight. That doesn't work out. Or you take me to what you call Mexican chalata, enchilada or you buy me this, I don't belong for that. I belong to you oh lord, I belong to you just to belong to you. And you know then what happens? Then lord becomes his the slave and that is the law of love.

It is very difficult for ego to let you go. Ego is the first enemy of the lover. When you identify with your own identity how can you merge in somebody's identity? When you exist, he exists, he and she exists, where is union? And when minds do not unite, what body has to do with that. Because when mind unites soul will unite, when soul will unite body unites or not, it is there. But when body unites and mind is purposeful he had a good, good, love making lovemaking with me and now what he is going to give. You know what kind of business is that? Or he has given me this, let me make love to him. Then mind is not there.

Love is not a security. Love is not a communication. Love is the source from which communication, security, tranquility, equilibrium, grace, divinity, light, enlightenment, everything comes. Everything and anything which is around us, for us, beyond us, now or never and ever shall be, shall be the only one creativity of the love. Love is what love is. It is a statement of sex, love is nothing but an experience of self less ness selflessness within one self. And it is the highest state of consciousness for the conscious being and when the conscious being reaches the highest state of consciousness of love there is no sacrifice, there is (?) to him. And when one is willing to sacrifice the self then God is not (?) He gives them Living God. And G capital please. He is the Living God. And that is the secret of self into transformation you can go to that then you become undying self. When the self dies within itself then it become becomes undying self and the words of Guru Nanak are very simple, "Jeevan mukt hoye so jiya"

Now you are mukt, mukt means you are free. You are liberated while alive. While alive you are liberated, after death you are liberated or not nobody is going to keep account of you. After death, death duty will be there, funeral duty will be there, your whole thing will be there. Whether you give or not you will give, your children will take away, your (?)legal adviser will take away, they will take away all your maya. But what you will give that will be your gift. Those who give as a gift God gives them many folds. manifold. Otherwise a yeh, maya sang na chaley. It won't go with you. Because it will vibrate, it will continue vibration. You can't hold it and moment you consciously realize in the depth of your realization you will find it that it is a media, that that's why we say money does what money does. Money is a media, it's a mean, it's not an end. Therefore, one must have it.

That is why in Hindu mythology they called God Narayan. And his wife is named as Lakshmi, money. And she is known as goddess of wealth. So God and goddess are married permanently. They are never divorced because they are not the residents of California.

(Students' laughter)

Media, money is only given to you to give. Where? For your higher consciousness. To achieve, to feed the hungry, to close clothe the naked, to guide the blind, to help the weak, for a good cause, to create a good cause, to maintain a man who creates a good cause. In the scripture there are lot of praises places where the scripture advice, what is a scripture? A written document of saints and sages where they have experienced the right path. Where they say where you should give. Where you should gift.? If you come where you should come, if you go where you go. Come to a congregation where God is remembered or you are made to remember God. Go to a congregation where lord is exalted, where lord is praised and where your going will exalt you and put you worthy of it. Go to people, meet those people, kiss their feet, hug them, (?)take gift to them who just reminds you about God your Creator, your consciousness. Go to a person who will remind you your higher consciousness so that you can really feel that you are high and you are worthy to be that high. That's why we call it Siri Guru Granth. Because when you talk to it and it talks to you, in that talking it takes you the level of consciousness of that unity and union of God consciousness and between you your prana start referring those words of God which brings God on the earth. So you become the creative magnetic field for the landing of the universal consciousness of God within your finite (?) is.

"Pavan Guru pani pita, matha dharth mahath diwas raat dayi daya (?)."

That's what it means. You don't know because you have never practiced it.

The fight flight of your higher constitution in your consciousness of magnitude of infinity will land in your very little creature self, that is finite self if you praise the lord and your words are right, your longitude and latitude, magnetic force is right, your potential and propelling power is right, you are all right (?)tuned in.

That's why folks I tell you to read Siri Guru Granth all the time. It will bring you God in you. It will. It has the power because it is the word of those who have experienced God. And they take you to that level of consciousness where they have been. Guru is guide, Guru can take you where Guru has been. Don't feel prejudice about it that you are going to something that which you don't understand. You don't understand oh understandable, misunderstood being, only by going to the light you will see God. And there is another situation;, in the congregation there is Guru, Siri Guru Granth preside, there is no image except infinity. And there presides nothing but world word of God.

That's why you know few people come in. Saints are always few. To a million demon only one saint is required to make them free. Because one knife can cut millions of bread. When Once you are transformed to the form of a saint, then you live like a saint, you speak like a saint, and then you become saint. And in this ecstasy of consciousness, we always live to be, to be in him who is in us in anyway. He is not, there is no problem, it is difficult for us to get into him.

And now let us meditate and see if you can few minutes concentrate, naturally to vibrate to infinity. Posture for this is very simple and posture for this is very unique, under all circumstances sit in a very, very beautifully straight form but all the five fingers and the thumbs will be straight on your knees. It's a very simple but it's a very weird posture. You will find it, you will (?) find in few minutes what it does to you.
Wahe Guru, Wahe Guru, Wahe Wahe Wahe Guru

