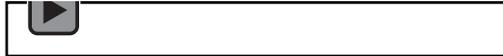


**SUMMARY MEDITATION:****mool mantra: 52+1 repetition****Mantra:**

Chant the following antra in a monotone voice:

**“EK ONG KAR, SAT NAM, KARTA PURKH, NIR BHAO, NIR VAIR, AKAL MOORT, AJUNI SAI BHANG, GUR PRASAD, JAP. AD SACH, JUGAD SACH, HEBI SACH, NANXK HOSI BI SACH.”**

**General Position:**

Sit in a comfortable meditative posture with a straight spine.

**Hands:**

Extend all the fingers and the thumb of each hand straight out and side by side. Place the left hand on top of the right hand with both palms facing up. Angle the hand causing the right thumb to touch the left little finger and the left thumb to touch the right little finger.

**Arms:**

Extend the arms straight out in front of the body at the level of the heart. Stretch the elbows forward and lock them in place•

Figure No.

Figure No.

**Locks or other conditions:**

ck the elbows in place when they are stretched out in front of the body.

**Mental Focus:****Legs:**

Sit with the legs crossed or in a chair with the weight of both feet equally distributed on the ground. I

Breath: I Figure No.

Inhale and repeat the entire mantra one time as 1 the breath is exhaled.

**Eyes:**

The eyes are closed•

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**Practice Conditions:**

Repeat die mantra fifty-two times. Then stretch die arms overhead widi die palms together and repeat die mantra one time. Continue fifty-two repetitions of die mantra for diree more cycles. Separate each cycle by stretching die arms overhead and repeating the mantra one time.

The body will feel a reaction to this meditation similar to taking about 500 Mg. of LSD. Just forget yourself and got lost in the meditation.

**-Italiano**

Cantate in monotono il mantra **“EK ONG KAR, SAT NAM, KARTA PURKH, NIR BHAO, NIR VAIR, AKAL MOORT, AJUNI, SAI BHANG, GUR PRASAD, JAP. AD SACH, JUGAD SACH, HEBI SACH, NANXK HOSI BI SACH.”**



Sedetevi in una confortevole in una posizione meditativa con la colonna vertebrale eretta.

**Mani:**

Estendi tutte le dita e il pollice di ciascuna mano dritta e fianco a fianco. Posiziona la sinistra sopra la destra tutte e due le palme rivolte verso l'alto. L'angolazione della mano provoca che il pollice destro tocca il dito mignolo della mano sinistra il pollice sinistro per tocca il dito destro.

**Braccia:**

Estendi le braccia dritte di fronte al corpo a livello del cuore. Stringere i gomiti in avanti e bloccarli esattamente in una posizione nella quale non avvertite dolore

**Serrature o altre condizioni:**

i gomiti sono in posizione quando allungati di fronte al corpo.

**Mental Focus:****Gambe: !**

Sedersi con le gambe incrociate o in una sedia con il peso di entrambi i piedi distribuiti ugualmente per terra.

Respiro: i

Inalare e ripetere l'intero mantra una volta utilizzando tutto il respiro.

Gli occhi sono chiusi

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Condizioni pratiche:

Ripeti il mantra del cinquantadue volte. Poi solleva le braccia con le dita sopra la testa e scuotere le palme insieme e ripetere una volta il mantra. quindi ripetete altre cinquantadue ripetizioni del mantra se volete ripetere più cicli. Separare ogni ciclo allungando le braccia a testa alta e ripetendo una volta il mantra.

Il corpo avverte una reazione a questa meditazione simile a quella di assumere circa 500 Mg. di LSD. Basta dimenticare se stessi perdendosi nella meditazione

## LECTURE

Location: Los Angeles, CA

Student: 3HO, 6:15 Advance Class, Monday, January 17th nineteen seventy-seven.

YB: Today we cover the subject on prayer, you know we all do the prayer. Prayer is a very old institution. Prayer is as old as human being is. There are many types of prayers; one type of the prayer is when we want to communicate with power beyond us. Second type of prayer is when we understand there is a power beyond us and we want to communicate to get some benefit out of it and then there is a type of prayer in which we want to communicate something which we think is the ultimate infinite power of the entire creation, sometime we call it God and the fourth type of prayer is when we enjoy to be happy by praying, there is nothing to ask for. So, these are the four areas of prayer.

Man is a social animal, said Aristotle and not only Aristotle but everything else basically. Man is a basic animal who is just cannot live without sociality, to be social is one of the life. You play cards, you do gambling, you drink, you have Marijuana party, you have booze party, you have sex party, all these are the part of the social aspect of human life. A human life is based on very funniest things, if you understand, it is not I am putting down the situation, but it is a truth and a very direct truth. Humans are worst than animals in majority of the situations. Majority of the situation, you can take a dog. Dog knows its master, dog knows its house, dog knows its sensory thing, humans don't have even that capacity. A deer, a animal knows its environment, every animal knows the environment except the human being.

If God would have made all human beings just like a kind of a animal, it would have been much happier life; but unfortunately human being was given, what they call is consciousness and no human being wants to use consciousness. Reaction is so much, reaction. Today one is your friend, tomorrow he is friend, day after he is friend, for five years one is your friend. After a while, he doesn't become your friend or leaves you. That man will use every energy, every energy in the entire essence of that man to slander the other person. Now question, you can understand one thing, oh one is a friend, one is no not a friend, but why this slander, because there is a tremendous guilt consciousness, it is called low, low, rate of conscious energy, that's called low frequency. Hatred, slander, negativity is not other than that.

It is not something, if somebody tell you, so and so was my friend and he is very dirty and he is idiot, he is this, he is that and I have been his friend for ten years, it means ten years this man was totally blind and fool. Now why he is saying to you indirectly, that he is fool because, he wants your sympathy. You don't understand the psychology, that's one thing we humans don't understand. When somebody talks against somebody and tells you that somebody is terrible that person is not telling that he is terrible, not at all. He is creating an environment to suck your psyche, your energy. But he is not using the direct method, he is using indirect method. They call it reversal procedure, it's a reversal procedure of sympathetic attitude, it's a demand. It is inside very great sickness, very loneliness and mostly in your social environments you will find people who will come along with you, love you, be with you and they will mature to a point and then they will reverse themselves.

Now this reversal is not because there is something wrong with you or something wrong with them, not at all. This is called the attitude of ungratitude. It's a pattern, it's a neurosis, it the interlock neurosis. There is a cure for everything, there is no cure for this. You will meet such people. They will be friend, they will be perfect among friends there is nothing you know, whatever you do whatever you feel you go along with it and then all of a sudden that person will flip out. It is called going on the top of the cliff and then jumping, it is called social suicidal reversal low frequency activity of ones personality, it's a very beautiful thing to understand, in spiritual world we call it treachery.

No it is not a treachery to a person, must understand, not no. It's not a treachery to a person. It is a treachery to your own confidence, it's a treachery to your own faith, it's a treachery to your own behavior, it's a treachery to your own word, it's a treachery to your own doing, it's a treachery to your own confidence, it's a treachery to your own extension, it's a treachery to your own hold, it's a treachery to your own thinking, it's a treachery to your environmental existence and co-relationship, it's not a small thing. And this behavior pattern is what they call it suicidal, one commits spiritual suicide. It's a very strange phenomena. It takes time for every human being to develop faith. Now when you take an attitude and you develop a faith and somewhere there is a difficulty, you must communicate, you must clear the difference, but no that will never happen with these people. These are type of people who by virtue of the interlock neurosis of self suicide, they will die many times, not one time, there will be no one death to them.

As we human being pay our life, our Karma through our neurosis of going through lives and lives and lives, these type of human being pay their Karma going through their death and death and death and death. They always go like this, dumb, if you make the point of their line, you will go like this. Here and from here they drop is direct. And in essence, in essence majority of people belong to this category. Majority of the people belong to this category.

The only people who get little bit help are those who are in fixed sign, Earth. Because, for anything you have to have a foundation, whatever else may happen you have to keep your foundation steady and when you want to dig your own foundation there is nothing which can save you, understand in the spiritual world or in the personal world or in the relationship of the social world, your phenomena and one thing more I want to explain to you, it is not the wealth, it is not the happiness, it is not the possession, it is not the position, it is not the power, it is not the projection which can help you to be happy. Your happiness is based on your fundamental steadiness, what is called is your foundation. Foundation in science is known in spiritual world faith. There is a expression, even clubs cannot separate them.

In Shakespeare expression I am trying to give you the western thoughts with it, that even clubs cannot separate them, that means these people are very together, but this togetherness has absolutely no virtue. If you have not deeply understood your foundation, what do you want? There are lot of needs in this life. When you are young there are different needs, when you are old there are different needs, when you are established there are different needs, when you are a politician there are different needs, when you are a holy man there are different needs, as many facets of life there are, individual has different needs, no two individual have same environments and same desire and same needs, try to understand. But there is what we call is common need. Common need is what keeps us going.

To socialize is a common need, to personalize is a common need, to find or we may find our own source is a common need. The search of God is a common need. Happiness is in spiritual world, happiness is non-spiritual world. People who go out and eat together they are very happy for that day. People who fight together they are very happy. People who gossip together are very happy. Happiness has got nothing to do with righteousness. Happiness and righteousness have got nothing to do, don't mix them up. Don't be fanatic even if you are righteous, you will happy not at all. You maybe in pain, you maybe in torture, but you maybe the happiest. Guru Arjun gave that example.

Mia Mir asked, "O' Lord of all Lords, Oh King of all Kings, Oh spiritual being of all spiritual being;" 'Guru Arjun Partakh Har,' Siri Guru Granth said, Guru Arjun Partakh Har' Guru Arjun is a manifested God. What is with you? You are sitting on the hotplate. Your body is burning with hot sand and Guru Arjun said, "What more happiness can be if I can lay down the art and science of human sacrifice against non-righteous demands." That concept of life is very different than people on Earth can understand, sometime a father, he saw his son drowned, he just swam, swam, swam, swam, got tired, hold the child hassle his way back. Almost was going to die, when he touched the shore, somebody said, "Oh my God you are tired to death."

He said, "I am very happy."

Do you understand the expression, I am very happy because, I saved my child. Happiness does not mean that without pain, without tiredness, without work, not at all. Happiness is a achievement of the motivation. Thieves are very happy when they big a big, big loot. They are very happy, they are happier than anything else. Therefore to judge happiness is a very wrong measurement, also, you feel when you are righteous, you will not suffer. Fact is righteous people suffer more than others. You know why? Righteous are very few and non-righteous are many and always majority has a view, majority always like to torture the minority. Today if you say anything against Jesus Christ, people will torture you, you understand what I mean and there was a time when you say anything for Jesus Christ people used to torture you.

Nineteen hundred seventy-five year ago, not a big time. That may not make you very clear. Any person who has left 3HO, any person who has left 3HO you talk to him, he will immediately become defensive on the spot, on the spot. No this is nothing but a human phenomena and if you push him so much, little bit more, he will become slanderous. It is hundred percent true, you try it. First defense, then slander, why? First is called attack, defense is the attack and then you try to attack it, why, because out of sheer guilt consciousness. So far up to this day I have seen only one man leaving 3HO gracefully and not uttering a word against it, one person, in eight years. That person was our teacher, one day he came;

He said, "Yogiji, I cannot teach and I cannot be 3HO because, I am going to do something which you don't permit, so please allow me to leave 3HO and I am going to do this thing, which I feel I should do."

I said, "Okay, if you feel to do that, go ahead."

He said, "But now, I won't do that, until you let me go."

I said, "Okay, I let you go."

So after a month he came and he told me, he said, "I wish you should not let me go."

I said, "Why?"

He said, "Well, I know I am enjoying that thing but couldn't you stop me."

(Students laugh)

I said, "No. That's not my procedure, you don't understand me. I have to create teachers for the future I have not to have students, I have not to have disciples, you are all disciple to God and Guru, you are not disciple to me, therefore it was not you, you told me so honestly, your aura was so honest, you really wanted to do that thing, and I let you go."

He came again and he came again and he still our friend, he meets us anywhere, wherever he meets me, he respectfully talk to me, I affectionately talk to him and there is no grudge in that friends, there is no anger in that mans personality, because if you understand Kundalini, all powers of prayer is based on the power of your own Kundalini in you. And if that is true, think of those who have practiced this knowledge and they then starts slandering that very knowledge, it

means only they are slandering their own prayer without knowing the fact, that is why you will be surprised, if any person leaves 3HO after exact eight days, that's called one Sunday to another Sunday, moment they leave it, you will find them exactly where they started.

Maybe seven years ago, five years ago, two years ago, one year ago, whatever maybe the time, they have been with us, they exactly start from there and it shocks you, no there is nothing shock. Because, you must understand Aeroplane picks us from the Airport, that is ground, goes thirty-three feet, that's ether, but moment it stops its engine, it comes back on its nose right on the same ground with a big bang, that is called slander. Because, that is where they call is Kundalini Yoga is dangerous, it is and I agree to it, because it elevates a person in consciousness in a very Divine frequency and moment you don't relate it, it bring you back right to that dead end from where you started, it's no good and I still wonder, how that one man could go away gracefully and still maintain himself, because in his mind there is absolutely no reaction, why? Because, he left as gracefully he came, as gracefully he left. Coming to something gracefully is not that important, leaving something gracefully is ones own basic grace.

Student: (-----)

YB: That is called the constant values.

Student: (----)

YB: His drop is not fundamental. There are persons here, who are here because of curiosity. There are person who come for curiosity sake, then a certain area of the time comes, when they have to commit and they don't feel that they can commit or they feel it is not possible to admit themself, because commitment in spiritual path is knowing as admitting oneself. A person who does not want to admit himself has always the privilege to seek the permission and leave. An uncommitted person is just un-admitted person, you have to basically understand, because a person, suppose a person comes takes Kundalini Yoga classes, he may keep on taking even Kundalini Yoga classes for thirty years, we never ask him to tie Turban, we never ask him to grow hair, we never ask him anything, that is the procedure. But suppose he wants to come not to come to the classes nobody will bother him. Don't you see at ten O'clock lot of people come, they take their class, they go away.

Nobody tells them all right, now you have come, eight Sundays, don't come next Monday if you don't do this, this, this, there is no procedure. There is absolutely no procedure. Because Kundalini Yoga is one Yoga in which it is clearly laid down, a person has to be to admit to himself. Here the commitment is admitting ones own self. It is not baptizing somebody, it is not converting somebody, that was the ritual of the Piscean Age. Because, the idea of Piscean Age was I believe therefore I know. The Aquarian Age is, I know therefore I believe. Now if you know and you believe there is no difference, because knowledge gives you the belief. But if you are not admitting yourself, you are not committing yourself as vice-versa and that is what they call is prayer. In the Aquarian Age prayer is constant motivation.

In the Aquarian Age prayer is constant motivation, in the Piscean Age prayer is a ritual, Karma Khand, ritual, you have to do it. In this you do it because you want to do it and you practice to do it and it is your privilege to do it and you want to advance yourself to do it, it is not at all required of you to do it. If you don't want to pray, don't pray. If you don't want to know, don't know. You can ask, 'why I should pray everyday?' Why should you live everyday? That is why the age of Aquarius, people who belong to the Age of Aquarius will be known to you by these things, their commitment will be their self admission. They will not sneak, that today they look like this, if they can get their time they will look different.

I know of a very good Sikh gentlemen, once I visited him and moment I went there, he saw me coming, he opened up his holy book and started reading as he his doing his Paath; but when I went away he covered it up and took up a book on sex and started reading that. Now he never knew that I have turned around, I am gone on the second storey and I can see him. And when I came he covered the book and I picked the book up. Outside the book was written, 'Gurumath Giann' that outside paper. Inside was a book on sex.

(Students laugh)

You know that flap paper, your books have that paper, that was "Gurumath Giann" how to get the knowledge of Gurus way and inside was the most obnoxious sexual obscene western magazine, totally cut down to that size, bound properly and outside that covers was given, now this is what they call it modern Commitment.

(Students laugh)

So to exactly know what is a commitment is you have to pickup that person and pull it little bit. Moment you pull the person, you will exactly know where he stands. Just in a neurotic way I give you an example. If you have a student tell him, "Do this?"

He says, "Why?"

"Well just do it for my sake."

"Why?"

"Oh just do it."

"Have I to do it for your sake, because are you ordering me;" then you will say, "Do it," just go on saying that foolish person does not know one fundamental thing how to obey. You go on insisting 'do it.' He will go on arguing, 'why?' Where there is a why there is a difference between the Earth and Sky as vast as Infinity; because between teacher and student, so long gap exist communication does not exist. So long duality exist, grace cannot come. So long it is not a total merger, so long it is not a total merger, it is not a total union and when a student does not know how to unite with his teacher, he does not know how to unite with God, that you can write it down. If you do not know how to follow the guide, you will never reach the destination. You have the right to choose the guide; don't chose the guide; if you don't

can't trust him don't chose him. But if unfortunately you have chosen him, now come what may, follow him and Arjun says this question, "Lord Krishna, suppose the guide, guide is a idiot; suppose the guide is idiot, then what will happen to me;" Lord Arjun said, "I am a Brahm, I will enter in that that guide, because of your faith."

Then there is a very beautiful story; there was two friends, one was carpenter and one was a very tip-top, what we call them in, Hollywood, playboy; you know let us talk in modern times; so the Hollywood playboy told this carpenter; friend, that, "That Governors daughter is very dear to me and I want to visit her."

He said, "It is impossible."

He said, "Well, I can make it possible."

So he made it like a Garuda, dressed him like God, Narayan, put him on a Garuda, told him the buttons and send him up there. So lady felt the God has visited him. So he told I am God, I accept you as my wife, it was a word of God, between the two there is a word of God, between three there is a whole nonsense, so they got married. So people saw, every night something wooden going up and morning coming down, this is, they told the king, something is happening wrong, we don't know, we have never seen such phenomena. So father came and asked daughter; in your palace, something is happening and she told the whole thing. He asked his counselor what to do.

They said, "What you can do, if he is really a Narayan, if you do something hanky-panky, he is going to kill you and if he is not, then we are already in a mess, we do not know what to do." In couple of days his kingdom was attacked by the neighbor kingdom and then the counselor said, "Why not to ask your son-in-law, who is a God himself to save us?" So, it was so arranged the daughter said to him; "Lord, you are my husband, my father is in difficulty, do something to save the situation."

So, he came back and asked his carpenter, friend, "Hey, what should we do?"

He said, "Nothing. It is much better to die now, than to live, because you have lived a lie. Go up there, give her a last kiss, get on this wooden thing and fly towards the enemy and somewhere this wooden thing will fall apart, you will die, matter will end, who knows."

So, taking that suicidal mission on his mind, he went, he told her, "I am Narayan. You have told me darling now I am flying at this time, it is three O'clock in the morning. Before, the enemy forces enter our territory, I am going and I will finish them." So there he goes on a different side, and press the button and started flying that side and here Narayan himself told, "Garuda, get into that wooden Garuda."

He said, "Sir, what is wrong?"

He said, "Forget about it dummy, if that Garuda will fall, you will be blacklisted. Nobody is going to worship me, I am coming in minute over you, you do the thing what I am telling you."

There comes Narayan Himself in the wooden Garuda, riding and just going over those people. When the enemy forces saw a huge winged God flying over them, they really recognized the story is not untrue, they immediately withdrew, on their heels ran back. Now, this wooden guy has never knew how to turn back and come back, because all he learn is go up and down. So for him that kind of flight was impossible mission. Now he thinks what to do? So, what he did is, he wanted to jump. When he wanted to jump, he really felt the wings are not, no more wooden, they are real and then the Garud, turned around and brought him back. When he came back, the Lord God Narayan appeared before him, He said, "You faked it and I made it."

(Students laugh)

That is the relationship between disciple and teacher, when even disciple fakes the loyalty, teacher makes it and when he makes it, God guarantees it. It is called triple relationship. Because the essence is for God, guide is for God and God is for God, that is called Infinity in Divinity. Prayer is a way to purify oneself. Prayer is a mission, prayer is a way to purify oneself, a finite can reach Infinity through the power of prayer and what is a curse? Opposite to prayer is a curse. Curse is when we make mockery of any of our prayer or anybody's prayer.

You know if some Moslem is doing his prayer and you are going by the side, you say, "Hah, what he is going, he is benting, he is going up and down," well you are making mockery of you, because you do not know the institution of prayer, you don't have regard for your prayer, you don't have any faith in your prayer, you are nobody. That is where, if you are a man of faith, everything is a faith to you. If you are a man of truth, everything is truth to you. If you are a man of grace, everything is grace to you, only there is one person who is exempted, that is a teacher because, his job is to confuse you and test you, it's a most thankless job. But if a teacher confuses and get confused with it, guaranteedly, he is going to be cockroach.

(Students laugh)

That's a very slick position, you can't believe that. It all takes just one jerk and there you go. You become jerk. So dear one, power of the prayer is the power to clean the neurosis. Prayer save you from being neurotic.

There are lot of parties. Prayer party, meditation party, Marijuana party, drink party, sex party, theft party, mafia party, anything; party has nothing to do with anything. Party is when you put your part of consciousness to manipulate or manufacture or manifest something. You become party to it. When a sane works with insane, they are party. When high accept the low, they become party. When the low confused, rejected, slander's the high, they become party. Party is direct, indirect participation. We will cover that again, today we will just now finish ourself with this meditation.

Side-B

It's very simple, your both hands are there, if you are woman, your left will hold the right and your thumb must touch the pinky, it's a very simple, better sit straight, pinky, pinky, pinky; it's normal. And if you are male, your right should the left and elbow straight, okay, do it right, no bent in elbows my dear. Hah, ha. How can you stretch not that and then

that. You have come from Midwest, huh, huh, I know. Stretch that and that, make it equal, good. Stretch your elbow. By even stretching your elbow, you will be surprised what is going on, it's a very sunny situation. You have not to ask me how great it is, by just stretching the elbow, you will know how great it is. Yeah!

(Student laugh)

Straight, pull it like that. Baba Singh is doing wrong, hey pull it man.

(Students laugh)

You are a very good actor yesterday, what happened today?

(Students laugh)

Student: (----)

YB: Females holds the right hand, this is my left hand, right.

Student: Right.

YB: Female, right will sit on it, otherwise like this.

Student: (---)

YB: It's okay he is learning, nobody is wrong. Nobody is wrong, everybody is learning. Wrong is only that, who does something and say I am learned, that's only person wrong. Everybody is learning. Well it will take away all the neurosis from you, you believe me or not.

Student: (----)

YB: Straight, straight, straight, it's not a cup, it is just straight, holding each other straight, everything is straight, everything is as straight as it should be. It's a quite a thing, it will produce in you five hundred milligram of LSD.

(Student laugh)

Pure, just see, what I want to try, I am not trying even to tell you, it is great exercise, but I know what it does to you. Because, I used to do it once a while. Yes, yes, yes. Everybody, all set. Now, close your eyes please and don't remember yourself and now come with me; Ek Ong Kar Sat Nam Karta Purkh Nirbhao Nirvair Akal Moorat



Ajooonee Sai...

Students chant: Ek Ong Kar Sat Nam Karta Purkh Nirbhao Nirvair Akal Moorat Ajooonee Saibhang Gurprasad, Jap, Aad Sach, Jugad Sach, Hai Bhee Sach, Nanak Hosee Bhee Sach. Ek Ong Kar Sat Nam Karta Purkh Nirbhao Nirvair Akal Moorat Ajooonee Saibhang Gurprasad, Jap, Aad Sach, Jugad Sach, Hai Bhee Sach, Nanak Hosee Bhee Sach. (YB and Students chant together): Ek Ong Kar Sat Nam Karta Purkh Nirbhao Nirvair Akal Moorat Ajooonee Saibhang Gurprasad, Jap, Aad Sach, Jugad Sach, Hai Bhee Sach, Nanak Hosee Bhee Sach. Ek Ong Kar Sat Nam Karta Purkh Nirbhao Nirvair Akal Moorat Ajooonee Saibhang Gurprasad, Jap, Aad Sach, Jugad Sach, Hai Bhee Sach, Nanak Hosee Bhee Sach.

YB: Inhale. Relax. I am not making you to do it, because then you are going to stick around and we don't have a hotel by the side of this Ashram. But I will ask you to preferably do it, relate it into fifty-two breath four times. Every time you chant the Adi Mantra, Mool Mantra, and Mool Mantra, it takes you, inhale and say the Mool Mantra and do it fifty-two times, fifty-two times, like this, straight, stretched and then thereafter, take these hands like this, stretch it out, as you do in Sat Kriya; again come to the posture, do it fifty-two times, that is called rest, that's called rest, just one breath, one Mantra, that's called rest and then again fifty-two times that way and then one rest, four times.

Student: How long we will stay up like this?

YB: Are you kidding, just "Ek Ong Kar to Nanak Hosee Bhee Sach." that's all, one Mantra and again if you, I see you on Thursday;

(Student laugh)

We will be very lucky.

Student: (----)

YB: Fifty-two Mantras after chanting fifty-two times like this, then you go exactly on one way and then go; "Ek Ong Kar Sat Nam" in that and then you come back again and then again start fifty-two times.

Student: This is four times...

YB: Four times up, that is called rest. Is that clear and Thursday please tell me if any neurosis is left.

(Students laugh)

Well there is no fun. This year, I do not know, what shall be our position with as far as government of India is concerned in my personal way; whether they can pickup those, neurotics or not. So if I don't go that's fine; but if I don't go you will go; because Guru Ram Das, fourth hundred year to celebrate, the Golden Temple is there. So they expect us to come there and they like to welcome us and, it's a good thing to go and pay your homage and respect and meet all that, but fantastic situation will be; if you care to go, go mentally, physically and spiritually as radiant; don't go to clean your neurosis and if I go, I will like you to meet some people who are simple, Divine, radiant, human being.

There maybe many or some in America; but I know still in India there are some people, who are really great people, in their very presence, you will find lot of joy, happiness and grace. So before I, will know what is going on, we are going to arrange that. It is my privilege to prepare you not for now, I am not worried who you are. But whatever you are, if you continue to study with me, I will like you to reach a stage where your touch can touch somebody's heart, where your word can bring consciousness to the most unconscious person, where you just the very sight of you, if you put

your eyes on somebody, if you take away the neurosis of that person, don't misunderstand me that I am not fully understanding you and your neurosis and your neurotic backgrounds and your perverted behavior. I am playing with fire and I am fully aware of it and that is my job and if I die doing so, it will not hurt me at all.

Certain things don't bother me. Certain things don't bother me. How many times I have failed, it doesn't bother me, because I know I am going to makeup anyway. I doesn't bother me how holy I am, but it does bother me, if I am not a human being. Act or pretend to act or even feel one is very holy and Divine and blah, blah, blah it is most easy thing, but being a holy, remain human being is the most neurotic, extremely serious experience. You do not understand the neurosis of holy men. Holy men are more neurotic than ordinary men; because whether they are or they are not, they have to pretend all the time they are holy, you understand what I mean, that's the worst trip in the world. You do not know there are less human beings and more cockroaches and sometime, I was one day sitting in the rest house, restroom and a cockroach came and I just, I was very great, in a great mood and I said, 'How are you Swami Ji?'

(Students laugh)

And cockroach just put his fangs up, I have never seen them doing it and that was sign of acknowledgement, "I am all right."

(Students laugh)

And then by all his virtue, he wanted to come on my feet and I said, "Swamiji, I am not going to liberate you. You got to go through this life, because you messed up lot of students. So you look beautiful as you are now and keep going."

You know it's not a something a very funny situation, so finally, I got out of, I broke my rest interval and I came out faster. But I remember something else happened and I have to go back again and I saw the guy jumping into that water pool, we call it sink, you understand what I mean. So that day and then I took a, this paper, toilet paper and I removed him and I put him on the ground, I said, "Don't commit suicide."

(Students laugh)

Live it man, now you earned it, you live it. What is it wrong in it I mean to say. Didn't you knew in this scripture as a teacher you should not mess up your student, give them the strength and make them great and if you can't get out of them, but you stuck around, playing like a fool, playing with their emotion, telling them they are great, you never told the idiot, he is a idiot, so that he can at least acknowledge what he is, so you are catering to your students, all those teacher who catered to their students their end is very simple and very clear and you can meet them in rest rooms, specially in Airports

(Students laugh)

And bus terminals and in public places. "May the Longtime Sunshine upon you..."

Students: "May the Longtime Sunshine upon you..."

YB: God, Almighty, it is our prayer, that if you have brought us here to be with you, save us from those sins, which we call sins in simple word, that we may acknowledge, unacknowledged facts about us. We are your creatures, you are our Creator, let us be so as your grace is. Sat Nam.

Students: Sat Nam.

YB: Well, we will meet Thursday again, okay. What is what? Hey there is a song, song, sing, sing, sing.

(Sangat students sing song of Khalsa)

(Singing stops)

Thank you. I need your prayer, because, there are two projects, we want to do, in couple of days. One is we are trying to buy a office accommodation. We have seen the place with twenty rooms, it will costs us about hundred thousand dollars, we have the money and we are going to buy straight right out plus we are trying to buy this time, first time a place for our summer solstices, ladies camps and our future, what they call as, summer camp for our little ones, the sweet ones, you sometime you are just chilly ones, I don't care.

(Students laugh)

But those little ones has more priority, more place in my heart, Guru Ram Das loves them and if everything goes well, we have enough funds to take care of all those things, I am not asking you, in a appeal that you should shell out everything, but there are certain people who are carpenters, who are workers, who wants to participate this summer, to built that area for our children, our future or those who have mind to design or they have any suggestion. Premka how many acres is that?

Premka: Hundred fifteen.

YB: It is hundred fifteen acre, she told me it is a paradise, I have not yet gone there, I don't want to go to paradise, I like to go to some hell, but anyway, just to look at this paradise, that one side is the river, stone cliff and other side the land the river flows and at the meadows and blah, blah, blah; she was telling me, as really she wants to transport me there. So, and that is something and the office building which we are negotiating is within the stone throw from here, it has about lot of rooms, twelve, fifteen, twenty, I don't know, so that will gives to consolidate and many, many times we have worked, in many, many areas without equipments, without office, without this and without that, but we have maintained ourself.

What I am trying to say is that our period of transportation from nothing to everything and everything to nothing, has just not yet started, but it's just a beginning. Last year, was the year people had to leave us, but if anybody is willing to leave us, he is most welcome, because we carry lesser load and it's not a problem with us, because once I went to Japan and there was a Yoga teacher, he say, "Oke, is Yoga and Yoga is Oke in Japan." So I say it today, 3HO is a consciousness, consciousness is a 3HO way of life in America, you can go on as many trips as you like, but when you

trip back, you will just see, that you end up in one thing. There is no way to get out of neurosis, but commitment and commitment is nothing to admit yourself into higher consciousness.

If you are staying somewhere because of money, because of sexual relationship, because of this and that, two hundred million people have tried for two hundred years and they have suffered enough and your suffering is nakedly known to the world at large. So babies, don't hang around, come out and feel good and live a way of life, so that life may become worth, now and here a practical reality. With this commercial, learning from Baba Singh, I like to congratulate those 3HO stalwarts, whose names I am holding back, who out of their love for and devotion have come out to provide us these areas, plus their maintenance for time unto Infinity and they are just a individual.

So, work hard, sweat well God is with us and here we enter, twelve years of straight prosperity, goodwill and glamour, but sometime don't get blind and forget God, the provider of all; after that you have eighteen years of Saturn, you will be in demand for learning and you will be paid up for just keeping up and if I shall not be there, don't offer yourself says, less than hundred dollar an hour.

(Students laugh)

You will be much in need, much demand, but don't pay it that low, hundred dollar an hour is a fair price for treating the neurotics, who didn't learn this time and God bless you. I will check it.

Student: Thanks Sir.

YB: We are sending it tomorrow, you can know it tomorrow evening.

Student: Okay.

YB: I don't want you to wear whites Sapphire, I can wear Sapphire, you can't, dummy.

Student: What should I wear?

YB: I will give you then, you would have asked me, I would have given you, just out of blue, give some.

Student: Yeah.