

SUMMARY MEDITATION:

22 minutes



(41:37) A beautiful contrast. But anyway, it's my feeling that you are comfortable. Accurate? And it's my feeling that **you know how to put these two fingers together.** (*Giaan mudra: index finger touching thumb, other fingers straight*) **It's accurate? And you also (42:11) put yourself in a position where your fingers will be straight and your body will be in a balanced state and the weight will be right on the elbow and it will be not far, not very near at an accurate space. Feel convenient. Check your posture. Because any movement in the posture will disturb your muscular and nervous system.** The energy you need for that experience. Good enough? Please **open your mouth in a circle. Breathe in and breathe out.** It's called doctor's breath or we call it **Vayu Yagna. It vibrates the lungs,** it has no other value. If you do it too

much, it can be very damaging to health. It can hyperventilate you. So just for few moments it's good to do. **Keep the mouth open and round and breathe in and breathe out. (43) At a certain limited time it will give your lungs the openness you need through this meditation.** It will also **relax your body.** You have thirty more seconds to go, correct yourself and relax as best you can but set your posture right.

Inhale deep, exhale (44:15).

(44:20) close your eyes at the tip of the nose and you have to close your eyes completely and look at the tip of the nose from the closed eyes. It is called **Drishti Kriya, the most powerful Kriya of the Yoga.** If Drishti Kriya is perfected that you can start seeing the tip of your nose from closed eyes, anywhere your eyes fall, death shall not touch it. It has that recuperating power. Try to look. Breathe through the nostril as slow as you can. It's called conscious breath. And when you breathe consciously... in your life you have to learn only three things. **When you need you can breathe one breath a minute, when you need you can breathe thirty breath a minute.**

If you want to stop it, you can stop your breath for three minutes. If you don't want to stop it, you can breathe through your pores of the body. That's it. Right (46:56) **now you will breathe from the nostrils and you will breathe as controlled slow breath, long and deep as you can regulate and from the closed eyes you will try to hypnotize yourself and start looking at the tip of your nose. In this hypno trance, you will concentrate to elevate.** Please don't move your body because this is the only handicap you have. That's why we move the Chouris so no fly can sit on the nose and bother.

No life can be disturbed. But we can get as many Chouris as we want. But hope **you will exercise self-control. First you have to create self-hypnosis or hypnotic trance through the very physical closed eye, with your mental eye try to see the tip of the nose. Make no move.** And if there is a possibility of the move resist it. (52) Concentrate, concentrate, concentrate.

(52:50) Now turn your head into a flower of rose as big as your head is and put your nose to smell it. Now you are in an ultra-trance. You will turn your head into a big rose flower; color of your choice and you will smell the rose smell. You will turn your head into a big rose flower, I repeat rose flower and you will put your nose to smell it. (54:11) First was the hypnotic trance and the second is the ultra-trance. Now you are playing with the Prana, be careful. Breathe consciously, slowly. Smell, smell rose. Head is transferred to a lotus big huge of rose as a flower with many, many petals the color of your choice.

(56:24) Now you are transferring in ultra-hypnosis you transfer the color as of your choice and you transfer the Vayu, the Prana into the smell of your choice. And tonight we have chosen rose smell. Rose is purifying, lotus is pure, rose is purifying, that's why we select in ultra-trance, rose. Don't move your body and don't try to humiliate you by your own tiredness or diversion. Concentrate. Resist movement or interference. It's a huge energy here. Any diversion will make it difficult for you to experience. If you do not have a spiritual trance experience, **you have no relation to your spirit.** (58:08) All action will lead to reaction, good and bad. Breathe consciously, long, deep and slowly.

Control your physical body and your nervous system and hypnotically transfer with the power of the I am, I am, your head into rose flower and put your nose into it to smell it. From hypnotic self-trance you are reaching the second stage of ultra-trance (58:54) . That lady who is moving, could you please put the last light on? Thank you (59:42). Your seal in which you have locked your energy is the Gian Mudra, the Jupiter seal. Your body is a neutral balance. Therefore your breath should be conscious and your hypnotic sense to transfer things or to your wish must be actively concentrated. With this basic power you can wish and grant your own wish. If you are not doing it don't do, if you are doing it, do, but don't move either way. (1:01:23) - Side B - Feel the head; the rose flower is bright light of the color of your choice, now you have started the first transcendental transaction. You are now transcending your first image. Image, imagery and impact, these are the three things, which your life psyche can create. (1:05:00) Inhale deep, deep, hold your breath. Hold it tight. Let it go. Inhale deep, hold your breath, let it go, let it go. This is your last chance. Inhale deep, exhale deep, hold it out, lock yourself and hold it out, hold it out tight, relax. (1:06:26)

This was the primary lesson to introduce what we are going to do. **We have the right to awaken our dormant spirit,** we have the privilege to experience it by our trance and we have to do a very highly scientifically a calculated effort. Thank you very much for participating. Now unfortunately you have to talk as humans so pick up a subject and speak to the next person so you can be normal, quickly hurry up! (1:07:15)

LECTURE

... Good, sit down and well, these are the two... how we are going to put them? You are doing, you are getting better. This abstract is much better than anything anywhere you could see, it takes a Judeo-Christian look like a joke. But they are only not in abstract, they are in the outcome, but in the abstract this is classic. In the abstract this is unique but what you did there the blue one is the most powerful imprint where you showed the shield and what you did with the veil the total capacity I don't know what you were drawing at that time but that's a far reaching effect. Compare your paintings with the painting of yours above. This style will let you live forever. It's very powerful. This is the most powerful painting you have ever made. This is unproduceable, which I produced. That's a abstract. But that's an abstract in ancient. Neuro abstract classical, you are classical. There is no denial of it. The face, the beard of the night, and that of the mother is very unique. Look what you have done here is far-out.

(Applause)

I very much appreciate the horse who kicked your stomach,

(Students' laughter)

And look what comes out of it now. Well, let us meet our Italian party today, they are very specially decorated. Are they both here? I saw two Italians while coming here. Can they stand up? Do you recognize her?

(Applause)

Well, well, well, it is amazing, sit down, thank you. Today I am teaching you something what is called "Life." I know you are woman and I also know that when you sit down face to face you will feel very miserable that you can punish yourself because this is how the Judeo Religion is that you are born in sin and you are born in guilt, wrong is wrong, right is right. All right. How wrong was yesterday? Come on, answer my question and I'll nail you so bad and I'll kick your Judeo-Christian this guilt nonsense forever. But just answer me. How was wrong yesterday?

Students: (---)

YB: Hmm? What?

Student: (---)

YB: What she said?

Students: It wasn't wrong.

YB: Wasn't wrong? Was there some wrong? Little bit?

Students: Yes.

(Students' laughter)

Student: (----)

YB: Aren't you all scared to death?

Student: (----)

YB: Had yesterday been wrong, had yesterday been wrong how come you lived through it? Everyday is everyday and everyday changes at twelve o'clock. Day, descending day is twelve noon to twelve p.m. Ascending day is twelve midnight to twelve day. All accounts in the Akashic Records are encountered; balance sheet gives you a day to live. Life is day to day. Within descending, descending hours the twilight zone is between four to seven, between the ascending hours twilight zone is four to seven. That is the Vela we call it ambrosial hour or early morning. In the evening we call it Sandhyavela or the evening twilight zone. Both time at that twilight zone the power of the Moon and power of the Sun those interact at zero.

So in the morning when you are ascending the power of the mind and the Sun is zero your personal power can increase and the evening between five and seven when Sun and Moon are confronting your personal power can increase, therefore the emphasis is on the morning prayer and the evening prayer if you want to know why these two hours are chosen for this stuff. Are you with me? Okay, now what is your power as a person? Your power has to be clearly understood that your energy, you are three people in you. The beast, the human, the angel. Who you want to get rid of, could you tell me? Shame on you!

Students: (---)

YB: So terrible! You are my students and you totally blow me away by these answers.

(Students' laughter)

Beast, whatever you are pushed for that is your beast. The beast pushes you, human moves you and the angel guides you. These little girls who are in my class they say yeah, yeah because you didn't learn this. Beast is equally important, equally important than the human and it's equally important as the angel because you don't understand that you will never be happy. There is nothing I can do. Because if you hate beast and when you confront beast your own hatred will make you weak. If you hate humans because somebody betrayed you, somebody tortured you whatever; you will be weak before a human. If you don't know the angels, if an angel comes through something happens, which is positive, something... you can't make it. The three aspects are you are you. And all three aspects you have to face, confront and be with. Is it clear? Very soon, yes.

Today what is it? Positive day? Power is not in you because your power is what it is. Now if you want to prosper there are only two things you can do. It is the direction and the company, direction, many people came, 3HO they got married, they got divorced, many people left and all that. Basic answer of all those people who left 3HO way of life or they couldn't stay together was their direction was wrong. When you want to travel through something and you walk into a desert and you have no water arrangement you are not going to make it. If you go through a jungle and you don't have that grass cutter in your hand, you are not going to make it. It doesn't matter how the lush life is and how dry it is, it is the environments, your support system, and your support system is what you can do for yourself. Who was the most popular of the United States President?

Students: (----)

YB: No.

Students: (----)

YB: No.

Students: (----)

YB: Now, let us decide who was the most...

(Students' laughter)

Students: (----)

YB: Abraham Lincoln!

Student: (----)

YB: Hmm?

Student: (----)

YB: Which one? You who... who fought the south and the east? Right? He is the only President of the United States because of it there is United States. It's not whether he was popular by vote or not. He was the only President who stood as American, who died as American and lived as American. If you take his life history he was the most unfortunate human being on the Earth but still he won as a President. I wish somebody should know how many tragedies he faced in life and as a President he faced the tragedy of Civil War and he decided no slavery. He could have just avoided but he didn't so there was a Civil War and he fought and he won and he forgave. And they killed him. Doesn't matter. But where in Washington, Abraham sits in that chair that still rules. His memory and his memorial rules.

It doesn't matter what happens to your life, what is the outcome of the environment to support you and what is the environment you plead for. You think the men of God have a life, which does not end in a very awful, awesome tragedy, no, no. I do not know when my life will end, I never dreamt in my extremest dream in my expression forgive me that I'll go through the misery, slander and abuse and disconnected affairs as I go today. My reality and reality of any human being absolutely have no connection. As it is very difficult for you to be in the domain of God it is equally ten times more difficult for me on the domain of the Earth. But still I work.

If your one child dies you feel pain. My children died in the last twenty-four years within my hands without any reason, I couldn't do a thing. It's not the body dies, it's the spirit in a man knowingly this person has a destiny and knowingly that this person is giving distance to destiny. If you do not understand the spiritual pain of death, you do not understand the joy of life, I see it everyday. Crazy guys, men or women of a promised destiny walking away. You look at my handicap; I have ministers who are not ministers, I have leaders who are unable to lead, I have people who are unable to practice.

Just imagine the life of a person who is totally focused and spends every minute of the life to uplift a person. And when he comes back next minute the lift is broken and the whole car is on the base of the person. How many of you have understood the law of vacuum? Law of vacuum is elevate, the wealth of the world will come and support you. You don't elevate, you can never be happy, you will never be rich, you will never be fulfilled.

Do you understand pain of a man who calls himself Yogi Bahaan? Do you understand how much pain I go through? Have you any idea? You have any idea? In twenty-four years, in twenty-four years man who could not speak your English because you speak American English, I speak English-English. So we never had a communication. A man who you never knew who the hell is he. Just it was a word. In twenty-four years he set the Age of Aquarius. He is not medically right to work, he is not humanly right to move, he has handicaps everything known spiritually, mentally and physically. He gave face and grace to his student, treated them like sons and daughters, raised their culture, and he says himself, quote, unquote, "If you ever made my portrait, make it with the shells." Shells of what remember? Peanuts. That many scabs I have from the knives of those who loved me.

Just love a person, born, raised, initiated, with you, he becomes a Minister, then he becomes a Mukhia Singh Sahib, and all of a sudden he drops dead. And what he is doing, look at it spiritually. See sometime through the glasses of the spirit from the eyes of spirit and see... I mean take a glass of water and look at it under microscope. See how pure it is. You will see it.

Sometime look with my eyes, not with yours only and look how many Shivas I can sit and how much mournings I can go through. How many deaths I can remember. Not only that. Some are not spiritually dead, they have become spiritual ghosts and life continues. Put yourself virtually into that condition. Just compare yourself with a man who came as alien twenty-four years ago for the sake of a mission, doesn't understand why he was brought here, doesn't understand what is here for him either. Created you just care for one friendship, I not only was your friend, I was your guide, I was your gauge, I changed you from nothing to everything and then you transfer yourself from everything to nothing.

How many lives you will come to clean it out nobody knows. And what you fall for? For your stupid emotions, which comes and go like a wave of the ocean, which leaves no record. Don't only think whether you have a bread or a butter and you have a food or you have children or you have money or not, look at that man who came here and had nobody. His own family thought that he is stupidly inhuman, didn't treat them right, you thought he is stupidly harsh. I have a life of mine that I am just a chiseler with a hammer and chisel. Chiseling the stone and through the sparks, which that chisel gave and the few little stones, which fled, injured my entire body to the point of bleeding. But still life continues.

Living for a body is the sickest death within life. Living for spirit is the loftiest health within the sickest body. You do not have the experience of spiritual trance and unfortunately you have here and there glimpse, you don't value it, all you value it, which actress wore what dress, which sensuality is satisfying sexually and which emotions brings shivers and put you goose bumps up. I know you are coming from the Piscean Age, you will die if nothing but insane life but those of you who have walked on the path of the Aquarius, you do have a chance to revise yourself. I do like to counsel you, I do like to love you, I do like to talk to you, but I have failed to tell you very pointblank not only to you, to my blood family and to you all what my experience is.

My experience is God does everything and man does nothing. You have no more status than watching a movie in a movie theatre. All you can enjoy your popcorn and your diet coke or coke whatever you choose. And if you are really more lavish and stupid you can put few MMMs in your popcorn or something else. Beyond that if you have some really, really urge you can have Nachos with hot chilies and if you are talking anything beyond that you are just purely stupid. What goes on, on the screen is none of your business. And the tragedy, which I am unable to inject in you is when you sit and watch, then God works for you, when you work you sweat and get nothing.

When you sit and watch there is a mirage going on. But when you work you become the mirage and that is sitting watching and I am unable to change your attitude. I know the difference is very little. I am very happy today; I did an experiment, in a very big city. I think it's the biggest or next to biggest, something like that. There was a girl who was my Yoga student and she was qualified or overqualified, that's not the question. She was not getting job anywhere. So stage came to me, she asked me, "Yogiji, I can't find a job. I go here, they say you are overqualified; I go here, they say you are under-qualified. I don't know what the hell has gone wrong. And I am eating my money and I am reaching a point, you know my husband has divorced me and you know I lost the custody of this and this, you know I lost this..." I mean she was giving me a list, which is a normal list of tragedy I call it. And I laughingly said, I said, "You want your life to be a comedy?"

She said, "I agree. I'll do anything."

I told her where to get her clothes made very befitting in a cylindrical size. I also told her to tie a turban and put a beautiful chunni, two and a half yard silk. Tying a silk turban is very difficult. So I thought she has small hairs, she will never be in a position to tie a turban and tying a silk turban is impossible. Next to the impossible. So I told her you wear silk, you go and any interview, which comes to you, you go in that dress. She said, "Could you help me," these were her words, not mine. "Could you help me master what that means."

I said, "It will create a mystery. Go with master's mystery and forget about everything."

So she went to say about forty interviews. They looked at her, they asked her questions, they understand her thing. But they couldn't tell her yes or no and the answer came as negative. Each time I came to verify it and she said, "They didn't say anything."

I said, "Reject it." I myself was watching it. Finally she went to an interview, exactly the way she was and now she has become habitual. She is wearing it. And today is her last day to wear it. Because then she has not to wear it and she has to go to the work and I want to see the reaction. Outright she went and sat down, they looked at the qualification, the man looked at her and looked at her and looked at her and finally said, "You come tomorrow to the job. It's before weekend you are selected, no question asked. Your start will be two hundred seventy-five thousand dollars a year, you will have these many facilities and perk... you are qualified for it and you will be working for three months in a job and then we will finalize your final salary."

She came and she said, "I have been selected."

I said, "Don't be happy. Call him for a request. Ask him tomorrow she will not wear these clothes, she will come in irregular clothes, these are your regular clothes. You will go irregular clothes to understand all the employees and three divisions under you. Because you do not want to be indifferent and scare. And then you try to work out your way up to it."

She said, "No. I am sorry to tell you no, but no!"

Then I gave her the example of Sat Nam and Simran Kaur, I said, "No, it's a better way to learn, try to understand that. Because you all can represent yourself. There is something in it, which I understand."

Finally we convinced each other and she called and the man said, these are his words, "I'll live in that image, you can do anything you want."

The impact of your image, imagery, the light in your body is only the light in eyes. Rest the entire body is a opaque reflector. And whatever image you represent that goes deeper than you may think. If your body creates a image of supreme excellence, unseen, unexplainable, and unheard of there is nothing in the planet you cannot win. And it's very difficult for anybody and everybody to live in excellence because corruption has been taught at three years level. When a daughter sees a mother, sexually and sensually beautifying, she is ruined in the first three years. Because total learning of your life is up to eleven years, after that you learn nothing. You know in Santa Fe, New Mexico we are very popular, very powerful, very popular, very appreciating. It's not that we don't have problems among us. We maybe just. But to this state, quote, unquote, "This state, we are the most unique people." That day I heard a joke, somebody said, "New Mexico consists of Hispanics, gringos and Sikhs!"

(Students' laughter)

Blew my mind. Exactly in this order. And if I tell you the name of the person you will flip. The New Mexico is a state of three people, Hispanics, Anglos and Sikhs. And if he becomes tomorrow the President of United States, that's what he felt and that's what he said. It is a report of Hari Jeevan, my protocol officer, when he went in the convention of the democrats, he went to New Mexico area and going through around meeting everybody he happened to meet Clinton, our candidate for the democrat. And first word he said, "I am so glad to see you. I miss Yogiji from New Mexico, how is he?"

Out of the blue. And Hari Jeevan, who is a republican and is a fanatic...

(Students' laughter)

No, no, he is a fanatic republican; he says I am turning to be a democrat now. And I said, "No, I am a democrat, you are republican, no way." Impact. Why I believe this impact is most experimented important because there was nothing in the planet under the Mogul rule. Right from Mongolia to Ceylon in the end, right from China all the way beyond Istanbul unto the borders of France it was all Mongol Kingdom. They ruled this part of the world and one man Gobind Rai, turned himself to Gobind Singh as a Gobind Rai he was Guru, as Gobind Singh he became Guru, by his own disciple. First thing happened in life. He left this world at forty-two in body but shall rule forever. He brought the entire kingdom to pieces. The rule of tyranny disappeared.

Mankind became free again. And when he in a naked sword said, "I want to test the decision, who is one who is my beloved, I need his head." He went in came with a bleeding sword and five came up. From those five he got baptized to be a Singh and a Khalsa again and became the Guru. Mind you. And in few years he blew away that great kingdom. If that doesn't tell you the impact of Bana, I don't think anything more can explain it to you. I understand today the trend is let me dress up for my convenience, you don't dress up for your grace. That's the difference.

Let me dress and look beautiful. You don't dress for your impeccable imprint of your impression. Thinking is wrong of... you don't meet people to share the soul, the spirit. You meet people to share the body and the emotions. How can I call you humans when you are nothing basic as humans? The problem is spiritual problem; you do not have a experience of a spiritual trance. Yesterday I put you in a body trance. Did you recognize the impact of it? It was eleven minutes.

Today I am trying to convince you to understand and study the spiritual trance and this is lesson one. It's being taught on the soil of United States first time and this procedure is three thousand year old. It is the property and the lineage of the family of the Sodhis, to which last was Guru Gobind Singh. And I like to share with you. I hope as I narrate you will act. So please be alert. Sit in any way, by rule of the law I have to give you one minute to be as you please to be and sit as you can receive to your convenience. Please sit as you choose but you should be... in the old days... could you read it yourself, you brought me this funny thing, I love to laugh. What do you do? Where do you find all this?

(Students' laughter)

Student: (----)

YB: What is written underneath?

Student: (----)

YB: No, no, what is written under the card?

Student: On the card?

YB: No, underneath that thing. No, no, no, no in front page.

Student: (----)

YB: Can you believe this girl? She goes to somewhere to find these kind of cards.

Student: (----)

(Students' laughter)

YB: Wow, thank you and this is another gift and mind you I have to share these too. If you have good sight...

(Students' laughter)

(41:37) A beautiful contrast. But anyway, it's my feeling that you are comfortable. Accurate? And it's my feeling that **you know**



how to put these two fingers together. It's accurate? And you also (42:11) put yourself in a position where your fingers will be straight and your body will be in a balanced state and the weight will be right on the elbow and it will be not far, not very near at a accurate space. Feel convenient. Check your posture. Because any movement in the posture will disturb your muscular and nervous system.

The energy you need for that experience. Good enough? Please **open your mouth in a circle. Breathe in and breathe out.** It's called doctor's breath or we call it **Vayu Yagna. It vibrates the lungs,** it has no other value. If you do it too much, it can be very damaging to health. It can hyperventilate you. So just for few moments it's good to do. **Keep the mouth open and round and breathe in and breathe out. (43)At a certain limited time it will give your lungs the openness you need through this meditation. It will also relax your body.** You have thirty more seconds to go, correct



yourself and relax as best you can but set your posture right.

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(44:20)close your eyes at the tip of the nose and you have to close your eyes completely and look at the tip of the nose from the closed eyes. It is called **Drishti Kriya, the most powerful Kriya of the Yoga.** If Drishti Kriya is perfected that you can start seeing the tip of your nose from closed eyes, anywhere your eyes fall, death shall not touch it. It has that recuperating power. Try to look. Breathe through the nostril as slow as you can. It's called conscious breath. And when you breathe consciously... in your life you have to learn only three things. **When you need you can breathe one breath a minute, when you need you can breathe thirty breath a minute.**

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(52:50) Now turn your head into a flower of rose as big as your head is and put your nose to smell it. Now you are in a ultra-trance. You will turn your head into a big rose flower; color of your choice and you will smell the rose smell. You will turn your head into a big rose flower, I repeat rose flower and you will put your nose to smell it. (54:11) First was the hypnotic trance and

the second is the ultra-trance. Now you are playing with the Prana, be careful. Breathe consciously, slowly. Smell, smell rose. Head is transferred to a lotus big huge of rose as a flower with many, many petals the color of your choice.

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Control your physical body and your nervous system and hypnotically transfer with the power of the I am, I am, your head into rose flower and put your nose into it to smell it. From hypnotic self-trance you are reaching the second stage of ultra-trance (58:54) . That lady who is moving, could you please put the last light on? Thank you (59:42). Your seal in which you have locked your energy is the Gian Mudra, the Jupiter seal. Your body is a neutral balance. Therefore your breath should be conscious and your hypnotic sense to transfer things or to your wish must be actively concentrated. With this basic power you can wish and grant your own wish. If you are not doing it don't do, if you are doing it, do, but don't move either way.(1:01;23) - Side B - Feel the head; the rose flower is bright light of the color of your choice, now you have started the first transcendental transaction. You are now transcending your first image. Image, imagery and impact, these are the three things, which your life psyche can create. (1:05;00) Inhale deep, deep, hold your breath. Hold it tight. Let it go. Inhale deep, hold your breath, let it go, let it go. This is your last chance. Inhale deep, exhale deep, hold it out, lock yourself and hold it out, hold it out tight, relax.(1:06;26) This was the primary lesson to introduce what we are going to do. **We have the right to awaken our dormant spirit**, we have the privilege to experience it by our trance and we have to do a very highly scientifically a calculated effort. Thank you very much for participating. Now unfortunately you have to talk as humans so pick up a subject and speak to the next person so you can be normal, quickly hurry up! (1:07;15)

(Students converse)

Those kids are here Guru Gunn Gian? Guru Gunn Gian! Hey Guru Gunn Gian! How did it come through?

Student: Excellent, fantastic.

YB: What was the cost of material?

Student: Twenty-five dollars. Oh God! We were done (?) waiting for your... and we decided to put more (?) so we (?) so it has (?)

YB: Who is the best carpenter we have?

Student: (----)

YB: So where is he?

Student: I either say he is a very hard (?) he is the best inside.

YB: So where is he?

Student: (----)

YB: You are carpenter?

Student: Well, he doesn't know what he is, he doesn't know where his...

YB: He has a workshop? You know these four paintings?

Student: You want me to frame them?

YB: I want to frame them with a very extraordinary way, but I want them to be clean like not angle that way but angle this way.

Student: (----)

YB: Let me see. Your husband, these are the paintings he has. One, two, three, one, two, three. Six. That I'll ask him to make an angle, right? I want them to frame in you know this is a frame, I want the frame to angle out like (?) and simple. What color will fit in?

Student: (----)

Student: Whitewash. Natural (?) wood with a whitewash.

YB: That's what I'll like. How much time he will do? In how much time? Because I want to finish it.

Student: What kind of wood you will be giving me?

YB: Any solid wood will do.

Student: Hardwood?

YB: Any hardwood yeah. Mahan, Mahan!

Student: (----)

YB: That one I'll ask her to (?) because that is not very powerful. Your project is... sit here. Your project is done?

Student: (----)

YB: You are not painting anymore? Waiting for what?

Student: (----)

YB: I'll like you to amend this if you want. Because this will project with this. So what I want you to remove that and put this on and put this on and remove those and take this and this and match up the abstract of that, you can't totally wipe it out though that's the condition. Wipe out.

Student: (----)

YB: No, take the abstract and take the spirit, do whatever you want to do with this but it has to be matching.

Student: (----)

YB: What?

Student: Gladly, very happy to...

YB: I know you have to gladly... we may have now a showing done by next year. If you do your paintings and bring it over here and we will not like to sell them but we like to say Sikh Paintings and by Mahan by me and... hey Prem! You have some paintings to finish?

Student: Yes sir.

YB: You better do them fast because we will like next year to have a showing and not sell them but show Sikh paintings and all by us and that way in couple years this painting will be on price and her work will sell it for hundred and thousands of dollars but if we don't sell it, if we sell it, it will kill us. We will not sell it but we will just show it.

Student: One of the galleries in Santa Fe, we should give them to let sell them.

YB: You can show it at (?) if you know here.

Student: These are the children of (?) gallery we know them.

YB: I'll arrange it, it's none of your business I'll take care of it. She can show them. So I'll like your husband to frame them. You can remove mine and you can take that one too.

Student: So we are going to take these four?

YB: Yeah, and you take these and give to him to immediately frame them the way I want it and let me know how much it costs.

Student: (----)

YB: They are waxed?

Student: (?) will worn out.

YB: This is wax too?

Student: It is wax.

YB: Oh then let them stay here. Okay but can you remove? Can you remove those two and put them there to dry? That is dry, right? Go ahead. Take that off, put that on. No, no, this yeah, little this way. Slip it this way, little bit. No this way. That's all right. And take that off and put this on. So, no she has seen two angelic ladies with a flame, and this side the big white circle is the penis out of which the woman is, and that's the man and that's they catch up the hand and that's the woman in the womb up there...

Student: (----)

YB: Haa?

Student: (----)

YB: Oh I see it very clearly. You see those two angelic faces of female yoni, those are two yonis, that is the womb and this is the penis, out of which this is the female and that's the male the warrior, the knight and those are two angels, guardian angels the females. This is fantastic; this is called angular extension of a woman. When she is straight, entire Universe is hers, this is called universal position. Look at this, look at this, look at this situation. The light of the woman, the flame up, straight up, the winged power coming down as a dripping woman female head dripping and that light out of the wing head from the Prana getting to her forehead, the third eye. Beautiful abstract.

Student: Beautiful!

YB: The eagle woman it's very beautiful.

Student: Eagle woman, (?) eagle woman and angel are (?) women.

YB: You made two good eagles and angel and that is the spirit and that is the mother. Now you have to complete one. And that is me. In all the ten bodies in one form. The spirit, the negative, the positive, the neutral, the body, the arc, the aura, the subtle, the Prana, you remember ten bodies? Make it Mahan, you will live forever. Accurate? And you will use seven colors of rainbow. Take the size because that's the only painting nobody can copy it. I'll come through you, that I promise. As you please, as good and wide you want, but that's the only one you can do it and finish it. I think so. It has to be before my birthday, so there is nothing wrong.

Student: That looks like a penis.

YB: Haa?

Student: Where is the lady?

YB: Lady? You want to see? Yeah, no that...

Student: That maybe the other lady that...

YB: That coming?

Student: No, the one who is sitting and she has (?) like that!

YB: Oh yeah, you must understand the sitting in the forehead. It's the yoni. See that yoni? And that is the light of her. You see the flame? Look at the age difference, that's the young, that's the old. It's a complete. It's the eagle woman. It is the oldest (?) image. I know.

Student: (----)

YB: Yeah, and this is the European, this is Judeo-Christian.

Student: (----)

YB: Yeah, this is night, this is the Anglo. This is the Anglo. That womb, that two angel of the night and the female and that white path there up there, that's the penis, and this is the female.

Student: (----)

YB: Okay now.

Student: (----)

YB: No, no, it is her problem, not mine. I don't want her to change anything; she has to decide what she does. So that one is for your inspiration and this one is for your change. I'll give you a chance so they change it.

Student: (----)

YB: Okay those two are to be framed. These are two (?) and between those two...

Student: What about that one? What's that one all about? The blue one!

Student: You like that one too?

YB: That is called the abstract of the female. That is the abstract of a mother.

Student: (----)

YB: Oh mein kya, matha Ji nu kithe (?).

Student: (----)

YB: Oh thay estate?

Student: (----)

YB: Kithe?

Student: (----)

YB: (Punjabi)

Bibiji: It looks like a womb and baby.

Student: (----)

YB: Which one you have? You know next is he. He is going this week too. Next week he has to come (?) the abstract of the mother, projection of the mother. The power and that is the...

Student: Angular.

YB: That is the angular. That is just etheric and this is the... one is the air powered, one is the inter-powered. Abstract is complete, both are very good.

Student: (----)

YB: Right. Why he is going...

Student: (----)

YB: Why don't you bring him over to me?

Student: (----)

YB: Was he to leave or not?

Student: (----)

YB: And he left without seeing me? Could you call him and ask him what is (?).

Student: (----)

YB: (----)

Student: (----)

YB: You better (?) is not your (?). I am not sure, I like to do.

Student: (----)

YB: I know, I know, thank you, work it out now.

Student: Yes sir.

YB: Okay, can you take these two pictures? On your back to your seat please. Mahan, take these two. That's all right. Aah, we will openly invite you to paint anything you want, it will be worthy to be entertained into the Sikh Art. I have lot of paintings, which we have given. And there are some I am going to paint myself and the Mahan is painting and there are lots of other paintings, which you might not have seen or given a chance to see. But as the luck would have it, if all the Sikh paintings are put together, one day they will be a golden glory of the time of this planet Earth. The art is fantastic. Maybe nobody knows what we paint today. I can value a painting, which I and Prem did, it was the eye of the mother. One day it will sell for hundreds and millions of dollars.

Whosoever has bought it for three-four thousand dollars, was just lucky, I don't know who he was. But I understand that kind of art doesn't exist. We removed a painting from here, it looks like dumb to you. But just see about hundred years from now what it will do. This art is millennium old, it comes through the spirit, brush only depicts it. We as Sikh Dharma have to excel. We are the last of the Age of Pisces; we are the first of the Age of Aquarius. We didn't become Sikhs because overnight something dawned on us. Twenty million Americans revolted, nineteen million gave their life up. It's not a small number. One million survived, it's called Woodstock Nation. Out of that we are who we are a fraction.

United States is today ruled by the Woodstock Nation, we call them Yuppies. Every marketing, every production and everything is designed to attract them. Must you understand. They are the flower children and they are one among us and we are one among them. We have chosen a hard path, hard path in the sense of changing the time. We are the pioneers and the forefathers in the primal of the Age of Aquarius. We will change the trend, we shall be Sovereign Spiritual Khalsa Nation and we will draw no boundaries, no politics, we will live in a sense of unisonness and the concept and the projection of the spirit. That is the new world order Bush was talking like a red tall wood tree. He was talking of peace in his own war terms, but reality slipped out of his lips.

When Guru Nanak passed away, Kartarpur was situated as a city where he passed his last days. There were twenty-seven thousand residents of that town. When he started testing his disciples because he wanted to handover, amazingly only one came through. And that is the story. When I say it in a normal English, you don't understand. The crown of spirituality is not conquered; it is bestowed. And it is bestowed on those heads only, which deserve it, not those who desire it.

Around me there is a circle of desiring individuals. I am looking for the deserving individual myself. Because this moral, spiritual and ethical responsibility to handover to somebody who is slave to none. The master always hands over to master, not to slave, not to relative, not to relations, not to misunderstandings and not to understandings. It's the service and devotion, which qualifies the selection. You have a different story. I am a last of the Piscean, the beginning of the Aquarius.

I have done my job, I got to go. You may look like a joke today; you shall be the rulers of tomorrow per se. That's the will of God. That's not my mission. I was to simply bring the oldest, purest teachings as they are and I was supposed to handover. Postman does not read the letters. He delivers in the zip code. I did what I did. If I'll be understood it doesn't matter to me, if I'll be misunderstood, it will never matter to me. If I am respected and worshipped I care two hoots. And if I am insulted and ridiculed, I don't care at all. I don't want to abuse the language right now, but if there is a worst that's what I have cared. If I am known it doesn't matter, if I am unknown doesn't matter.

I have written my own story with my own hands so nobody can misunderstand forever and I sealed it with poetry and with the rhythm of a classical balance. So no amendment can be done. And when I have addressed to Kudi, Kudi means girl, that's to my soul. In a poetic trance of the eight of Infinity woman is always understood and in Punjabi the word Kudi, Kudi is exactly a virgin girl and there is no doubt on it. This word is used only for virgin, and that was the selected word for the soul I used. Those one hundred and eight poems I wrote in nine o'clock in the morning till three a.m. next day. I printed and for which Guru Ka Singh Khalsa must be commended and appreciated for translating, getting it printed and you have the copy.

Those copies are for you and for your generations, but those are the first copies, one day they will be worth millions of dollars as an item. Few will have it. There are certain letters with you, which you might have thrown away in dustbins but that is your family asset. And one day those things, those letters will be priceless. I tell you today how bad you may have done in the past. It is in the book of the Romans, and the Governor who was posted in Israel, that Jesus was left by only two hundred seventy-five, two hundred fifty to two hundred seventy-five people who follow him in differently in the gang of forty to eighty at a time.

Today it's a different story. Everything starts very humble and very good for nothing. Then the teaching, the practice, the time excels it. It's unfortunate that sometime own people do not recognize their own worth. It was about eighty and ninety thousand people who attended the Baisakhi, only five could qualify. Out of twenty millions, which we were in the sixties, handful has qualified. It is a law of nature, which I cannot alter. But just remember we are the Dharma of the Age of Aquarius. We are not Indians, we are not Punjabis, we are not Germans, we are not English, we are nothing. We are not Japanese, we are not Thais, we are not politics, and we are not rules and regulations. We are the spirit! It is the spirit, which manifests in people. It's the frequency of your soul.

Today you have learnt first step in the transcendental hypnotic experience and first step in trance. You will ask me a question why I couldn't teach it earlier. Please remember I am just a servant and I am also to obey the master's will. I shall teach only as I am permitted to teach. I cannot add or subtract from my side anything. You will find in certain lectures when you ask me a question, eyes are closed or open and I said, "Choose as you want." I never inquired I never answered. I don't mind saying I am not accustomed to answer the questions or I don't know what that status is, I don't add to complete it, I don't subtract to make it look good. It's not my job. I am here by His will, I'll leave by His will, I live as His will, I will do as His will pleases me to do. I wish you will also learn this stage and enjoy it, as I enjoy God's will.

When you will go on with me and I'll like to complete something within the short time we have at our disposal. I know you are a bunch of good for nothing and too much food and Santa Fe and all that nonsense and I don't know where you come from and why you are doing what you are doing. Why this Earth is so much for you? Why this ball of dust is so important? I have never understood. Makes no sense to me. But you know I have to be among you so mostly I have to speak the language of human introduction I call it, otherwise we will be miles away.

How can you believe this all it is when you have a mind to grasp all that that is, you know the problem to you and me is you think this is. I don't care this is. This is as this is, what the hell I have to deal with it? I want to know what that is and why that fits into this is, and why this fits into that is? I want to know why, why Thou is playing cricket and this is playing badminton. I want to understand that. I know both are players. And specially these days I can't even meditate and pray like I end up calling names to God because I ask Him, "What the hell you have created this for, is it that a joke of you or this is a reality? It's a stupidity or it's a wisdom? I am asking a question even now, why the hell you created all the souls into a formation when all over the world trillions and zillions of them are without form, opacity and why these people have...these souls have opacity and no sense? No radiance! What are you doing?"

All He tells me, "Shut up!"

And I say, "No" and He says, "Shut up" I say, "No." And then it goes on. That's all I do. I don't understand why you are so hectically emotional and stupidly afraid? All right, let's be afraid. Imagine, Planet Earth is moving. And it's medically not only feasible, understandable. Your doctor can understand the effect of the Earth on you, scientists can. When you are totally still, you move at three hundred and eighty-two miles per hours. Totally still! You know it the Earth is rotating. Why you are still here? Why don't you go and fly away? If God gave you gravity, the lesson is where is your mental gravity. Do you have a mental gravity, do you have an axle, do you have an orbit, do you have a harmonious rotation, do you have a harmonious orbit movement, are you what this planet represents you, forget about the heavens.

I am talking of the Earth. You have predictable weather called mood, do you? Are you predictable by Sun and Moon... You can say Sun will be at this time, Moon will be at this time by your rotation, by understanding, by calculation, can your best friend can understand where are you, where you will be and where you were? Who are you? Everything knows in spring it has to sprout. Does ever spring come in you? Everything knows in fall it has to shed the leaves. Is there any fall for you? Everything purifies in winter, is there any winter in your life?

Everything is warm and bright and beautiful in summer. Do you have that? Ask yourself. Yes, I am guilty of giving you face and grace, now I am bent upon giving you the spirit. Because all I have is you and I want to work with it to my best. I am the Master, I was and I shall always be. I want to share with you and me as one, not as two identities and that's causing the problem. I honored a person as Mukhia Singh Sahib and Singh Sahib; he doesn't know what Sahib is. Exactly literally meaning of Sa-hib, Sa-Hib, who has total control of Sa, Sa means to Sa Ta Na Ma, Sa Re Ga Ma Pa Da Ni, Sa-Hib, Hib means now. He holds the now of the total.

Mukhia, who is the leader of the total through communication, through words, through action, through the... I bestowed the honor; they threw it in waste paper basket. They wasted a life, let the mercy of God be with them. I gave them a face and a grace, which is disgrace to themselves because in the violent commotion and the star of the land of the Mercury, they couldn't transmit themselves above it. The saga of time and space will go on. So we. But let's few days eat right and live right and try to live for our own grace. And the process, which I'll like you to adapt, is stand before your own mirror and decorate yourself for grace, not for sale.

All these days when I am teaching you these very high velocity Kriyas I expect you to come down to be as innocent as child is, as real as you can be and decorate yourself with every faculty at your command and knowledge to be absolutely simplest, living, brightful, beautiful, bountiful human being. Don't try to seek to be enlightened, just lit up. Just glow and grow.

There was no Jesus Christ a simple carpenter. No big deal! Two hundred fifty, seventy-five people that's all he was. But they put him on the cross and they mocked at him. They put a crown of those nails and needles on him to glorify him as the king of the Jews. When the mockery went to that extreme, the answer came very clear, he forgave them. That one act made him Christ. Otherwise he would have been forgotten like many millions who were put on the cross everyday. It's the one (?) left when he prayed to his Father, he always thought God as his Father, because everybody told him he is a bastard. "If this cup can pass, fine; if not, forgive them, they do not know what they are doing." That one line.

There are many among us who were given through God's grace the spiritual territory, they turned into a clay and pottery of mockery. They do not know what they are losing. Some have lost, some are on their way but please rise in your consciousness, get awakened and grab it as tight as you can because next five years, six years will be nothing but a mental insanity without the knowledge of self-experience. And as many few like Noah we can sail into the boat of spiritual Dharma, that's all shall be the best.

Tragedy is those who are pretending to be spaced out today from the Dharma shall have no place in the space and they are my own beloved children. I feel sorry, like a very old father but helpless. Because fight between destiny and fate is known and fate doesn't bend therefore Lucifer will never bow and saga will continue. Those who will give distance to the destiny and pretend to be spaced out from the new trend of the Age of Aquarius will have no space and place in the space of the future time and that's very painful, regretful, but His will is supreme. But I will try my best. What day is tomorrow?

Students: (----)

YB: Don't eat too much like pigs. Your body doesn't hold you and your nervous system starts itching you. That's difficult. I couldn't cross today eleventh minute in spite of the fact I tried to be pure. All right, make it up tomorrow so we can do it real. All right, goodnight, may the long time Sun...

(The class sings: May the long time Sun shine upon you...)

YB: Guide your way home and in your tents and be tomorrow as good as you can imagine good is. Okay?

Students: Yes sir.

YB: Goodnight.

Students: Goodnight.

(Music tape is played)

(Students' discussion)

Student's announcement: Sat Nam. Tomorrow morning at six thirty at the Ranch Gurdwara, Mrs. Weij, our guest from Ottawa will be playing... and Sangi Kaur and other Ragis and probably Guru Jeevan is not Sangi, okay, and Guru Jeevan Singh will be playing Asa Divar. So please come to the Ranch Gurdwara tomorrow morning to especially if you sing Gurmukhi, to do the Kirtan, Asa Divar with us. Thank you and goodbye. It's a great experience and the Ranch Gurdwara is really beautiful if you have never seen it. Six thirty a.m. at the Ranch Gurdwara you walkover. Pardon? Report an issue

Student: (----)

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