

NM139 040530 start recognizing your identity, your territory and your way of life

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SUMMARY MEDITATION:

Tonight therefore, we will do this meditation it's very special, it's very good. I hope you will bear with me, little bit of it, all right.

(11:29) Make the polarities please right hand will forward and left hand will backward and it will left hand by your body and right hand will be just aggressively. It will make lot of difference if you correctly posture it right. Please, close your eyes and roll them down at your chin point. It will be pure fun. It's amazing. A small posture can totally balance your energy. You have to enter, a neutral zone through it. Therefore, please breathe long and deep.

'Humee Hum Braham Hum'

We are we therefore we are God.

(The Humee Hum Braham hum tape is played)

Side B

(The tape is continued)

(The tape stops 44:28)

YB: 44:56 **Consolidate and start breath of fire, don't move, solidify your position – last 5 minutes:**

(Humee Hum Braham Hum tape is played)

(The tape stops)

YB: (50) **Breathe out. Inhale deep, hold the breath tight and squeeze your body please. Breathe out, inhale deep, squeeze the body very tight, toe to top, let it go. Last chance, breathe in deep, hold it tight, squeeze the body, drop, relax. Hello. Now move your limbs and body and circulate. It is essential that, you must move your limb as a exercise, nothing should remain not, move your belly.** Let us sing happy birthday.



00:11:29



CAF6

LECTURE

Today is a Veteran's day is that true?

Student: Yes sir.

YB: So, memorial day for the veteran died in the war for the country and blah, blah, blah right? Is that true?

Student: Yes sir.

YB: Why people die, you have any idea?

Student: (---)

YB: Everybody knows, when you go to the war, you may not comeback, that's a correct, right. But, still people go and people die. What different it makes, if you can have no war? So, what is the idea of war?

Student: (---)

YB: That's what they say.

Student: (---)

YB: Money is not the motive, people who have more money need not have to go and die. What happens is that, you start recognizing, try to understand this thing tonight what I am teaching you. You start recognizing your identity, your territory and your way of life. You know, so this United States, United States has a territory, it has values, you start recognizing. Then you start recognizing your allies that's how we went to Europe to fight for a war which was not ours and actually frankly, when we have the civil war the French came to assist us and that was not war of theirs either.

So, technologically life becomes a very powerful emotion and defense mechanism of a human mind is the most powerful and strongest of all the things, to defend the territory is very in grinded in us and it goes to the extent that people go to the war and they die and the nation remembers them and memory and they are called "Patriots." Those who sacrifice for the country and all that. But, why there is a war? Have you any idea why, why there are wars or fights or disagreements? Hello.

(Student's laughter)

YB: I am asking a question, why there are wars?

Student: (---)

YB: It's all mental entanglement. War is between haves and have-nots and war is between those who have a philosophy and those who have different philosophy. In home also you have different idea, the other person has a different idea. You have one thing very powerful in you that is called thought. God is a thought, if realized then it's a reality. So, ideas thoughts and you know how many thoughts you have? You have every wink of the eye you have hundred, thousand million thoughts, thousand thoughts per wink of the eye, during the day you know how many thoughts you can have, unlimited. So, if you start following every thought, you will having war on every thought with everybody, who does not agree with your thought.

Have you seen two intellectual talking? They talk from morning till night they are told now, it is over close and they talk. Because intellectuals are not intelligent they talk every facet of life. They never experience life. So much, so arrogantly, man is ignorant that the existence of this planet which is such a phenomena, we have no thoughts to recognize it. All we recognize us, me, I, us.

First world war happened, tragedy was so powerful. We made a nation of leagues, league of nations whatever. A united stuff, where we can discuss things. Second world war happened we made the United Nations to discuss thing but have we stop war, no. Look at there what is happening in Africa one clan, one group of people they just wiping out innocent people and walk. Men, women, children everybody totally. Have you any idea, half a million bodies are swimming around in rivers and lakes and waters and ground is full with them? And what this war is? Tribal war. So, man always wanted to protect himself and identify himself and never has intuitively prepare himself with his clarity of mind. If you are intuitive then you will never have to fight, you know the reality, you will know the balance.

See people die and then some people die too like Guru Nanak died, everybody knows, Jesus everybody knows, Buddha everybody knows. These people died physically too. But, they left behind them a great memory. That memory lives, the work of their personality, identity, counsel, advise, whatever you want to call them that lives. People don't live. So, it is a question, of how vast you can be that will how you will live. How shallow will be, how limited you will be that is how you will die. There is always a fight between known and unknown. To get known, you see people write their names on the trees, on the stones, on the rocks, on the bridges, why? They want to be known.

I once, see that tower in France, Paris somebody must have taken so much effort in that steel the person carved his name. Must have sat there for hours with a file to cut his name through this. It is in you that you should be known. But, those who care to know the unknown, are known all over.

"Jis neech ko kohi na janey Nam jap chau khunt maney."

That mean person whom nobody knows if knows the identity of self and the infinity all four corners of the world will recognize that person. That's the way to be known too. Once our mind is connected with the universal mind and our spirit is connected with the universal spirit, there is no need for you to know you shall be known.

Tonight therefore, we will do this meditation it's very special, it's very good. I hope you will bear with me, little bit of it, all right.

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The class sings: (Happy birthday to you)

YB: You have very good day and more and many more.

May the longtime...

(The class sings 'May the longtime...')

YB: Blessings, blessings, blessings, may the God bestow the grace and may life become worthy of His blessing, now and forever.

Sat Nam.

Students: Sat Nam.

YB: Are you there, at least I passed out. Yeah, yeah, come on quick, I was waiting for you, hurry up Guru Tej for the poem. Student: This one is simply called memorial. The ancient cradle of civilization, the birth place of our Khalsa nation there in the east mother India rests for time it's for time itself, upon her nests and history turns its page. The land of the Guru's for all life began. She holds the secrets of God to man in her sorrow and spiritual heart waiting, waiting for life to start in this and other age. Our spiritual legacy summons the test, for our destiny calls us to the West the Guru's prophecy shall be fulfilled that mankind's madness might be stilled here, where hearts are broken.

First seat, we carry in our heart and head and like the pollen of the trees, we spread across this earth blown by Guru's breath drifting, drifting to land here in the West where truth shall be spoken. Big, like the trees in which shape for all, we will grow in time strong and tall touching the sky with roots deep in the ground and swaying in the wind of the ancient sound that is



infinity song. We the children of the cusp have come to give Aquarius and earthly home. But to our mother India we bow. For, she has given us the know and how, it is to her that we belong.

(Students' clapping)

YB: Very good, anybody else has a poem? Very powerful cookies, what are these?

Student: (---)

YB: Gift is a gift. That's good, we will just teach on Monday at five thirty, five thirty, Monday and if we continue, there is more people then Tuesday.

Student: Just that you have passed, when shall we have class.

YB: That class is eight o'clock, five o'clock, five thirty, when this class finishes, we will go.

Student: Or you can do an other thing.

YB: No change, no, this is already in the air.

Student: Okay.

YB: Yeah, yeah.

Student: (---)

YB: Don't listen to him, you have my tooth pick, he is always afraid, he is always afraid, look at you, look at you. Welcome feel good.

Conversation...