

Kundalini Meditation 39

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LA052 780912 builds a tremendously powerful protective aura

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General Position:

Sit in easy pose with a straight spine.

Arms and Hands:

Relax the arms down with the elbows bent. Raise the forearms up and in toward each other until the hands meet in front of the chest at the heart level. Extend and join the fingers of each hand and pull the thumbs to the rear. Press the palms, fingers, and thumbs together. Point the joined hands away from the body at about a 45 degree angle as if you were about to pray. The pressure on the palms should be only the normal amount in order to keep them pressed against each other.

Legs:

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

Breath:

Deeply inhale and completely exhale as the mantra is chanted. After 11 minutes deeply inhale and completely exhale 3 times without chanting the mantra. Then resume the former pattern of breathing Upon completion of the mantra deeply inhale and completely exhale 5 times. Then relax.

Eyes:

Look down at the tips of the thumbs.

Mantra:

Chant the following mantra in a monotone voice as the breath is completely exhaled:

GURU GURU WAHE GURU RAM DAS GURU

GURU GURU WAHE GURU RAM DAS GURU

GURU GURU WARE GURU RAM DAS GURU

Chant the mantra with the following rhythm:

1 beat 1 beat 1 beats 1 beat 1 beat 1 beat 1 beat 1 beat

GURU GURU WA - HE GURU RAM DAS GURU

The mantra sounds very mechanical when it is chanted.

Mental Focus:

Focus on the tips of the thumbs.

Length of time:

Meditate for 11 minutes. Then deeply inhale and completely exhale 2 times. Then meditate for another 11 minutes. The total time of meditation is 22 minutes plus the time it takes to breath 2 deep complete breaths.

Comments:

Pressing the palms together at the center of the chest totally neutralizes the energy flows within the body. The meditation draws tons of energy from the white hole into the body and builds a tremendously powerful protective aura.



... Song...

I was telling Ram Das Singh that she has to feed the baby. So he has to learn how to bear a baby, not, but that he'll nurse the baby.

So we are talking tonight about the white holes and the black holes and the energy pattern and in that energy pattern we are talking of the cosmic energy and its influence on the man. Now what is, the inflow of the energy is constant and continuous. There is a cosmic body, after cosmic body there is a subtle body and after subtle body there is an auric body, from the auric body the body is the physical body and physical body lives on the auric body, auric body lives on the subtle body, subtle body lives on the cosmic body and that's why you automatically breathe and your heart beats and you have all the sensitivity.

It is not true that you die because you don't breathe, you die because... that's not true, because if that is true then people die and they cannot revive and people have been reviving and they even die, declare medically dead and they are alive again. All this shows death can be installed, stalled and taken care of, it is only the if disconnection does not happen. If auric body does not disconnect with the cosmic body or with the subtle body, there is no break in between the cosmic body and the subtle body, you can't die. It can be reconnected because those subtleties are very interconnected, but if the break happens with the cosmic body and with the subtle body and the auric body in between somewhere, then the physical body cannot exist. Because then the tattvas must split. And that's what body starts deteriorating, body start becoming going nuts after a while, you know, you feel it smells, its deterioration is automatic. What preserves it? Not your food, food runs it, if food doesn't go in then it starts running on what it has and finally it is gone.

Now here comes the question; what is given to us through the cosmic body and who we are and what is this Divinity we talk about, someone is very divine, someone is very good. It is the sensitivity, the intelligence, the grace, there are million names for something, it is the sensitivity of relationship. And that is what, that's what is very important. If you have lost your innocence you are not innocent, your communication, your talk will bring you unfriendliness right away. It is that innocence and it is that sensitivity which is the key energy of the white hole. White hole, the reflecting projected energy of the divine into the being created which is finite. Understand?

Now innocence, innocence is not only productively productive but it is magnetically attractive. This is what you chant, Guru Guru Wahe Guru Guru Ram Das Guru, all these mantras from the time immemorial they do not make you Hindu or a Sikh or a Muslim or you are big or small, you are great or nothing or you are a Christian or Noah not at all; these mantras are those experience of the sages through which the direct magnetic energy of the white hole can be transformed through these auric body and the subtle body into the physical body. It is a progressive system through which you can assimilate that divine energy and your sharpness, your existence as a sharp intelligent individual is very important and you cannot be dumb about it. One dumb reply can break a relationship, one dumb remark can throw you out.

There are million things in life which are, which are you and they are automatically you. You are not this, you are not that, you are total sum of that whole position, whole working capacity of you and it is very important how you work, how you look at things and how you deal with things. You cannot deal with things on a very unsophisticated manner and wanted to be treated sophisticated. If you are rough, dumb, pigheaded naturally you will not find lot of interest in you. But if you are very sophisticated, very delicate, very sharp... These are your charming whatever you call is decorations. There is a piece of wood, you ask somebody, take it for you as a firewood. Somebody say oh no I won't take it as a firewood and there is a piece of wood which is carved as a statute and somebody says, can I please look at it? Now both are piece of wood. And one piece of wood somebody would like to look at it, want to appreciate the Creator's creativity and the artist's artistic nature and the abstract of it, its projection of it, what it says, how it is and the same piece of wood of the same tree one piece might be lying just as a firewood and nobody wants it as a firewood, why so?

So what we are discussing and talking is life is discipline and discipline is enduring and endurance is patience and patience pays. It doesn't come right away. You think I am human a being. Well you are a statue, you are not a human being. Your value is not what you are proud of, if you are uncommitted human being, you are uncommitted human being, period. And what is a uncommitted human being, uncommitted human being is who has not personified the discipline in its ability and capacity and has not lived it, declared personified disciplined life.

What is a religion? Religion actually is nothing, there is no Christian, no Hindu, no Muslim, no Buddhist, nothing, it's all a declared discipline. People don't practice it, that's why they are in trouble. They say they are Christians, just probe in, you will find no Christian. Just it is outside Christian, inside some garbage, outside Buddhist inside nothing, outside a Khalsa, I am Khalsa you see and you just probe him for few minutes, you will find oh my God he is the most impure thing. That is called sophisticated suicide, sophisticated, very sophisticated way of getting insulted. You want to be and you declare to be and you are not. Now you think the other person, other person may not be also but it takes a thief to catch a thief. And moment the other person knows you are not what you possess (profess) to be he will totally throw you out of life.

You say, why A exploits B, A doesn't want to exploit B, that's not a human nature. It's not human nature to exploit people but when A feels that this person is exploiting me I say, why he should exploit me when I can exploit him. That is why they say when there is a problem of life talk to your spiritual teacher because that poor man cannot exploit though he wants to.

(Students' laughter...)

Spiritual teacher is one person who cannot exploit. You know why? If he exploits then he cannot teach. There is a definite contrast because his ego or his stamina or his patience lies in creating a strong teacher of the future. It is just hatching process. Spiritual teacher is the one who hatches the other unhatched person to maturity. And where the process is to make another

person mature and progressively mature, exploitation cannot take place. That is why you will find the difference between a teacher and a friend is; teacher is always rude, crude and brute, these are three qualities remember that. He is rude, he is crude, he is brute, why? Because he is to eat your ego, nothing else. And when he puts his claw and his teeth to kill you, he doesn't kill you physically, but your ego finds no place and you cry in pain. What holds you? Your progressive desire to go up because you are walking towards the white light and his progressively either you go and go, go die or be what you ought to be, not what you are. There is a fight between life and death, a teacher will not let you become standstill because he knows moment you become standstill you will stink and you will die. That's why there are real spiritual teacher, they are teachers who can get all your money and teach you nothing. Spiritual teacher is a progressive killer of your Id somehow he will get your Id because he lives on your ego, he must eat to live. He is a monster.

(Students' laughter...)

He is ego monster, he must eat your ego and more he eats your ego, more you progress, less he eats your ego, less you progress. And it's a universal law. Otherwise a teacher will cater to you, he will love you, he will tell you, he will talk to you, because he cannot push you to white light, so he must compromise with you. But spiritual teacher is the one who shall not. When you become crude he become brute, when you become arrogant, he becomes totally sharp and absolutely bitter.

It has been recorded in human history that good great physical teacher, spiritual teacher were physically brute also. It's a one example of Malarappa. Malarappa's teacher once crippled him, he stuck wooden nail in his nail, in his human nails, so he cannot walk and he left him in a ditch. Because he taught him a lesson and when he asked a question Malarappa couldn't answer. It is stated that about area of about seventy miles Malarappa had to crawl on a physical body in a dead cold snow to catch up to teacher's next class.

So when he came in the class he realized his all wooden nails have gone on the way and they are totally healed. Now you tell me why that teacher did it? It's a human cruelty, I mean to say nobody can afford to do that these days, it's a charge and battery and you go to the court for nothing. I am not suggesting anybody to dare to do it according to American law because American law teaches nothing but just to make buck and die with it. But those spiritualities are spiritualities.

St. Francis people they adapt to a poverty not that they are all poor. This started with lot of rich people and they were very rich, they adapted to poverty because they wanted to be free from the maya and from the earth. Because you must understand when you have to communicate with people then you should be ready to communicate with all people of all races, all graces for all purposes. You can't then say you are black you are white, you are rich, you are poor, you are beautiful, you are ugly, God knows perhaps tomorrow God is going to dwell only in the most ugliest person. And all beautiful people will be empty of it, who knows. Who knows where the Creator is going to reside in which creature. But it is definite that those who walk to white light have to be very, very sensitive; so much sensitive that says the scripture that person can totally transform himself and herself into the capacity of totality of another person and still can watch over it. Not that you should totally merge into another person, no, you should totally merge into person at the same frequency of the same feeling and still look at it. If you cannot look at it then you are nobody. That is not human either, because when you look at it then you experience those feelings as your feeling and you will always be installed in a higher consciousness and then you can lift up that person to a higher consciousness.

Once somebody said, "Oh this is a miserable world."

And sage was passing by he said, "This is a world people do not listen, (?) creativity, do not see at His creativity, do not hear at His creativity that's why they create the misery, world is not miserable."

Just watch the opening bud of the rose coming out with those colors, would you call that creativity misery? See the beautiful brook coming as a stream and while going through the stone and creating that beautiful music, everlasting music and white waters splashing and going through it by natural purity. Even you want to sell a booze you show a beautiful stream or brook going through and covering. Why you take that nature beauty to sell that intoxicant thing? Because you want to attract that beauty of that space which is a Infinity and you want to sell it to people.

Why everywhere on the billboard you will find a woman being used for advertisement? Because there is a certain creative sophisticated nature of the woman which is very impressive to the very in and heart and soul of the man.

Why when you come to this class you hear all this? You might be knowing more than what I talk to you, why? What makes you to do that? Because electro magnetically your vibratory effect expands into your own aura into the extension of your aura and that is where you get a sophisticated feeling of higher consciousness. There is nothing more when anybody comes nearer or thinks or passes, imagine anytime you have crudely, brutally terribly, awfully thinking about is just think about your spiritual teacher and just think what he is doing and doing at that time. Your entire miserable state of mind will be totally eliminated, you try it. And it's not true whether he is alive or dead, just think the very one thought of...

Teacher has a thought and that thought start teaching right away into spiritual positivity more than you can think of it. Thousands of years of totally, absolutely investigative a work in human nature and human consciousness by the Bharatiya Sanskriti, the Indian philosophers and saints and sages have left a tremendous amount of spiritual knowledge for all of us. They were very not very discriminating that you know that the west cannot learn it the east cannot learn it, the south cannot learn it, the north learn it. Learning is for the learned and learned becomes only one who goes into the learning deep enough to experience. Otherwise, when you are hung up with a knowledge for which you cannot support it by experience you are actually asking for a trouble. That is why people do not like intellectual raps.

And why a person is not a person?

Because person is a selfish in the sense he suits his words, his words are not his own command. Otherwise what you say you say and what you say you must do and when you do and it is done, it is done which is an experience of what you say and what you do and it is done. And that is where your personality becomes, he says and it is done.

And it is the decoration, it is the personality, it is the capacity, it is what everybody and anybody will like to look at. And that

can be only happening if you have the depth in you of that flow of the spirit which comes from the white hole to the very tiny magnetic field of the creature called individual. And to accelerate it we have to stimulate our glandular system we have to meditate, we have to chant, or all these spiritual rituals are just nothing but a key to that happiness. Because if you are not innocent you are not happy.

Innocence is happiness, innocence is a fashion, innocence is a decoration, innocence is innocence. And innocence give you the greatest power of the spirit and virtue which is called sensitivity. It is the most sensitivity which makes you to feel and look into every nook and corner of everything. It's a very virtuous life. Sensitivity is so great and so professed what you call a chance there is no such time. It is only at the same equilibrium of the sensitivity two people meet. There is no incident, accident by the way it happened, nothing happens. It is the collaborated sensitivity at the same frequency at the same wavelength which coincide or which collides.

Why from the time ancient, they say,
"Guruki mat lehaney"

Take the advice of your teacher who can give you the formula, technology of life, why? Because life is a science itself, life is a lie if not learned the lesson of truth. It's a lie if not learned the essence of truth and essence of truth does not come without the discipline and discipline does not come without the technology of discipline, and technology discipline does not come without the teacher and teacher does not come without asking and asking doesn't happen without prayer and prayer doesn't happen without the will of God and will of God doesn't happen because the God is there or not, so long you are alive the will of God is there, therefore it can happen. That's why it say, even you are not dead you have a hope. Because in the sequence it is true in life that every individual so born out of the womb of a woman shall have a chance to meet teacher whether he recognizes or not that it is his tragedy.

You shall meet a spiritual teacher, that's the law of white light. When life was granted to you, this was granted with it, you ignore it or you make it.

There was a person who once decided all right I am not going to die, I have to meet the spiritual teacher before I die I will never see any person. So he did a wonderful thing he ordered that a beautiful hut on the top of a mountain be maintained and nobody can go, no passage be left with. And he started living there; arrangements were that he send a doli with a rope and all the requirements will go, far out arrangement was perfect. He said, "Neither I will meet a teacher nor I will have the privilege to meet, neither I have a chance to meet nor I have chance to die, I'll foolproofly prove that God has a bad thing.

All right, one day during the day he was feeling that day and immediately to his consciousness there came a great vision in a perfect image of a person. He said, "Who you are?"

He said, "I am the vision of Infinity, I am the spiritual teacher,"

"What are you doing here, how you could come here?"

He said, "I don't need a space, I don't need a time."

He said, "What I should do?"

He said, "Get out of this hut and serve the mankind and if by tomorrow you don't start you will die anyway."

Next morning people saw him with that rope instead of sending the doli down, he sat down in it, and came down. Everybody asked him what is wrong with you, why didn't you stick yourself up there?"

He said, "No, no, no I met the spiritual teacher."

He said, "How he can go there?"

He said, "Well he appears, man."

(Students' laughter...)

Since then it is said when you are ready the teacher will appear. That is how that story goes.

Teacher appears, teacher doesn't appear anywhere else, he appears in your consciousness and to change the flow of the thought form from negative black hole to positive hole, think of the teacher. All switches will change because it will change the flow of the circuit, that's the law, it's a law of creative nature of the magnetic field on which your rational and irrational flow of life depends. And it is not a thing of miracle, it's a thing of change of circuit, electricity to produce electricity you have to generator, you have to have huge wire and all that, but whole electricity is useless without switch. And switch doesn't cost more than two dollars. But once this switch is off or fuse is off, you are off. Whole magnetism, whole productivity, whole system, whole flow is there but you are not there.

When your fuse is off, a spiritual teacher will act as a mechanic. And when your circuit is off he will work as a switch to change the interrelated proportion of the flow of the magnetic field into the reality of the possibility of the positive flow of the white light. That is a system. And this system is known effectively worked out system. And that's why when we need protection and we have tested it so many times, not that what we are and what we ought to be but what in caliber we want to think to be and what in reality we want to think to be.

And towards that end we are going to meditate, we are going to neutralize our energy in a very simple form, there is nothing special to it, it's very simple.

Opposite to heart center neutralize your both hands and pressure has to be very, very normal. Neither it should be less, nor it should be more, eyes should look on the tip of the toe.

Student: Toes?

YB: Yeah, Yeah same thing.

(Students' laughter...)

Don't try to look straight, go down, feel the majesty of your reality and if your nose is very thick it will look like a bun. Try it, concentrate your both eyes, down slot and just chant this chant today, Guru Guru Wahe Guru Guru Ram, it is in monotone, it has no continuity, remember that.



Guru Guru Wahe Guru Guru Ram Das Guru

The class chants: Guru Guru Wahe Guru Guru Ram Das Guru...

Understand?

Student: No.

YB: That wahe, that's the one double length sound.

Guru Guru Wahe Wahe, Guru Guru wahe, Guru Guru wahe, Guru Guru Ram Das Guru, cut, cut, long cut, cut.

Go ahead.

The class chants: Guru Guru Wahe Guru Guru Ram Das Guru...

Breathe once, say it three times and you are perfect.

The class chants: Guru Guru Wahe Guru Guru Ram Das Guru...

Continue, you have done for five minutes, it will start changing the energy now.

The class chants: Guru Guru Wahe Guru Guru Ram Das Guru...

Inhale, exhale, inhale, exhale, inhale, exhale.

Please relax.

You reached mid heaven in this exercise by eleven minutes total time is twenty –two minutes at the reach of eleven minutes you must breathe inhale deep thrice. And when you reach twenty-two minutes then you will inhale and exhale deep for five times and it is done. And it creates such a protective aura, it drops in you tons of that white ions what is called the white hole and it's energy

Tomorrow we'll talk about the black holes and the transfer of black hole energy into white hole and relative science thereof.

The class sings: "May the long time sunshine upon you..."

The class sings: Khalsa song...

Side-B

Isn't beautiful?

Learn the beauty lies in the temperament and the temperament lies in your inner strength and the inner strength is the flow of the spirit in you what is called soul.

We'll be discussing the black hole tomorrow, those who seek happiness in outgoing things are actually attracting the black hole in a very innocent way, out, out, out means out. In, in means the very in, in the very in lives the very in and in that in lies all what is in. However, bless you.

What happened to your glasses?

Student: I am feeling better.

The class sings: Happy birthday to you...

YB: Cake is coming.