

LA083 790129 This meditation activate the vagus nerve, When nothing work, use this meditation

Kundalini Meditation

N. 119

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<http://www.libraryofteachings.com/lecture.xqy?q=%20sort:dateAscending&id=7ff5b740-b2e6-bcab-9486-2cf4ebabc588&title=Los-Angeles-Lecture>

7EC6

General Position:

Sit in easy pose with a straight spine.

Legs:

Sit with the legs crossed or in a chair with the weight of both Arms and Hands:

Relax the arms down with the elbows bent. Draw the forearms in toward each other until the hands meet in front of the body about 1 inch above the navel. Point both palms up and rest the right hand in the palm of the left hand. Pull the thumbs toward the body and press the thumb tips together. Feet equally distributed on the ground.

Breath:

Deeply inhale and completely exhale as the mantra is chanted,

Eyes:

Look at the tip of the nose.

Mantra:

Chant the following mantra in a monotone voice as the breath is exhale from the lungs:

**SAT NAAM SAT NAAM SAT NAAM SAT NAAM SAT NAAM SAT NAAM WAAHAY
GUROO**

Be sure to pronounce each word exactly and be sure to keep the rhythm exact. Each word gets one beat.

Length of time:

Do not practice this meditation for more than 31 minutes.

Comments:

When your prayers don't work and nothing else seems to work practice this meditation and they will work. The rhythm must be constant. This meditation causes the heavy area of the vagus nerve to activate. This extends the brain - eventually to infinity. The result for the meditator is that he will blossom into his entire potential.



LECTURE

. We will have a good class, sit down nicely. And close the door, people are not feeling very warm. I pray that you should understand what we are going to talk tonight. By the way I went to New Mexico and I taught two days class there and everybody was coughing. Class was just a musical chair, nothing I could understand. And I found out per capita New Mexico each one in the community consumed more cheese than barbarians used to eat meat.

(Students' laughter)

And not only that, give me a pizza, double sauced, double cheesed, now make it triple. Those kind of things are showing up in the community. And I came out today with a very fine idea, which will be our cosmos food. But we are not telling you right away because some of you are fanatics and start doing tomorrow the job. But we like to package this whole thing. And may come to American people rescue in the sense they can eat something which they can digest and shall not suffer. Majority of Part it is convincible fact beyond doubt. Our mental problems and our behavior is because we suffer depression because of food.

Baba Singh, could you make that newcomer comfortable somewhere, if you understand little, little things. Anyway.

You have a very great problem going on in hand that is I made an experiment on what food can do. In seven days it can give you twelve pounds of weight.

(Students' laughter)

I don't want to quote anybody, I quote myself. Just I slipped the precaution of eating right food in a right quantity. I said let me see what it does. So folks, now it is going to take about two months to get rid of those twelve pounds. All these people of you when I see you with terrible mucous problem and mucous membranes are all swollen up and you cough and cold and all that, this is not because something else, this is because you eat more than you should. And you eat hard food, hard food is very, very, anything you eat, if it takes more than twenty four hours to come out shall someway make you sick. It will depress your mental body, it will swell up your physical body, it will give you low energy. You know when you say I can't even think of it. Fine, we understand. It is not the pizza. But it is inside the pizza which doesn't let you think anything else.

“Alap ahaar sulap see nindra.”

Eat light, and sleep light. Sleeping light is, it's beautiful, like nap system you just go and in hour you get up. You will be great. Because maximum in eight hours you sleep about half an hour which is called sleep, rest is turling, tossing, snoring, dreaming and God knows what. Okay that was not the subject. Subject today was motivation and diversion in spiritual world.

Spiritual world is not a common world, it is the ultimate world, it is experience of infinity. And when you progress into that beauty of the spiritual world what we call it certain things happen commonly to all people. And one of them is when you walk in the spiritual world you see your own ghost, Holy Ghost. Normally we call it extended ego. Extended ego is your holy ghost. It confronts you. It is essential. Otherwise you are doing a ritualistic situation, you are not into spiritual world. In spiritual world you must confront your ego. And between three years to seven years it will happen somehow. Number two, within three years and seven years you will look like different. Niarapan. You look like special. Why? Because the arc line from one millimeter it can go to five millimeters. Moment a person has...

Arc line is a halo from earlobe to earlobe. It's not aura, it is a special bluish white color thing around you. And the quantity of this beautiful thing is when it is about five millimeters which is about half an inch thickness. People will keep you at distance. Now do they hate you? No. Do they love you? No. It is your magnetic field. And their magnetic field cannot stand you. It's automatic. Now what is required at that time? At that required time you should not be defensive, nor you should be offensive, you should be open. By makeup you cannot makeup what is lacking. But by covering what is lacking also you have to make up for something.

People don't love you, people don't hate you. It is the frequency of the electromagnetic field and it is determined by the ego, the quantity of ego in a person, if a person is very weak in ego he will like everything. He has no values. But if a person has a definite value and definitely understanding then his ego will always pick and choose.

There is one situation in the spiritual world you should be aware of. And that is experience. When you have an experience of life then life has your experience also. Just understand, it's an intercourse. There is no male and female in that. It's exactly it's a physical intercourse. You experience life, life experiences you. And on that experience pregnancy must take place. It is called higher state of consciousness. Maybe one-step over. Your prayers will be answered, your intuition will be great, your circumstances will be very nice and one thing more, people will criticize you more. People will?

Students: (-----)

YB: Not yet you have reached the place where people will slander you, but they will criticize you. Why? Automatically every mind will expect you to act great, every mind. Remember that. Every mind will expect you to act great and when they will not feel that you are acting great, they will feel dissatisfaction and they will criticize you. So when you walk on a spiritual path to be criticized, slandered, negated, left away, friends leave, because you are at a higher stage of consciousness, friends are at a lower stage of consciousness, communication doesn't take place, these are automatic price you pay. Then question is why should we become spiritual? What is the big deal? If all the friends have to leave and we have to be criticized and we have to be done, why to become spiritual. Spiritual path gives you one strength and that is you know higher values and you have the experience of living those higher values which other people don't have. Between animal kingdom and a human kingdom what is the difference in reality is this is the difference. Otherwise there is absolutely no difference between a cat and a person who acts like a cat. Absolutely no difference. I mean to say I am not taking away your right of vote and your citizenship, you know what I mean? You are Americans, God bless you, and I'll get a Kodak camera and I'll snap you and you will come as a human being. There is no difference in that. But as far as experience of the level of consciousness is concerned you are no different than animal and your consciousness will be no different than the animal which you lived last. If you analytically understand the body language, there are some people who will be very alert and their ears will grow up. You know like this. Have you seen that? It is the sign of a pig.

(Students' laughter)

You will find these two things among the people, their ear movement and their nose. It is automatic.

(Students' laughter)

No, no, no, I am not telling... I mean to say, if you really study and if you have the accuracy you can find the person his two lips and nose and his ears have a certain combination which is unbelievable. And now this is sign of a pig. And you will see there are people, their ears will flat out at the sign of alert. It's an elephant.

(Students' laughter)

Isn't it amazing? And their little nostril, which is the trunk, it will go up like that.

(Students' laughter)

It's funny if you take a microscopic look at these people. They are human beings, beautiful, really I want to fall in love.

There was a girl, she asked me, “What is my previous life sir?”

I said, “I am not supposed to tell you.”

(Students' laughter)

She insisted. And I said, “Well, wait a minute, question is...”

And she insisted so much what I did is, you know there is a mirror in which you look very expanded, Part those caved up kind little mirror, I brought that and I said, “You keep on looking in this mirror and see how your organs in the body effectively work and note them, you have a good memory right? And I'll say you certain things.”

So I said something which put her on a extreme caution. I said something to create that effect and I knew when I'll say that, my God she will feel very seriously alert. And I asked her, I said, “What happened to you?”

She said, “My ears flat out.”

And I said, “What else?”

She said, “My nose tip moved.”

I said, "What else?"

She said, "My eyes became grim."

I said, "That is exactly what elephant does."

Some holy man might have spitted on that elephant, God knows what happened, it came to be a human being.

(Students' laughter)

But this is the true story of the life sometime you are very beautiful, sometime you are very ugly, sometime you are very rich, sometime you are very poor, you think that is the life. No, no, no, it is the sequence, mala, it is the sequence of life, that's the way it has to be.

Once a man was a beggar. He was begging from people. And a man came very, very intuitive man, he said, "Why you beg? And you beg so musically."

He said, "Yeah, I beg very musically, that's true. But I love it."

And he said to him, he said, "Oh lord king, it surprises me that you chose this life."

So they sat together and he said, "I have a question. I know you are a beggar and nobody knows you that in previous life you were a king of this very land and in the very land you beg."

He said, "Yeah, I was a king, I know, and I am a beggar I know and I am going to be king again. That's why..." He said, "I was a very saintly man when I became king, I tried my best to meditate on God, I couldn't. My affairs were too much taking away from me my direct communication with God and that joy and infinity I lacked a little bit, so I thought if I will become a beggar, I can sing to God all the time. Then on the way people will give me money. That's all right and that's what I chose, and that's what I am. Don't tell anybody, it is a secret."

Now you might be thinking the beggars are miserable, they are not, some of them are not. They are more rich than you. Actually who is a real beggar who has nothing inside. You know that feeling, I am empty inside. You know what I mean?

Once I was interviewed and I was asked one question. "All your life you were a fighter, why?"

I said, "It's a very simple way. I don't go with the wind."

And when you don't go with the wind, you should be a fighter and if you can't fight then you will be miserable. It is required of you either to go along with the wind or fight it. And when you fight it, enjoy it. If you really want to know the life. Things must happen against your ego. Don't feel at that time little. No, enjoy it, fight it. Then why can't you fight it? Because there is a tremendous amount of...

What is the difference between a preacher and a teacher? With teacher you fight, with preacher you don't. Teacher will fight you and you have to fight. He will bring you to the point to fight. That's definite. Because what is fighting in you is your own ego. And when it get extended, then you look at the ego and then you look at the teacher, you look at the teacher what you are looking at the teacher you are looking at the ego, ego is your extended teacher, teacher is your extended ego. You must fight and God will crush you, you can't believe it. Provided he is merciful. But if you miss that fight and he doesn't fight it takes eight point four million lifetimes to get to that stage. That is the danger. And in human history no man has experienced God without that fight.

Preachers are beautiful, they will tell you about God, they will tell you the story, you will enjoy it, it will be fun and after that hat will be passed, you will be out, he will be this way out. Now that is not what spiritual world is about. Spiritual world is you say I love you, he says I hate you. Fight. You know. You want to be near him, he will tell you three miles away. Fight. You will say give me something to do, he says get out of here. Everything what you want is opposed but in a very subtle way. And you get angry and you say God, I have got thirty-two teeth, he has got only twenty-two, what this old man is talking about. He rules me.

First when you will start in shaktipad, there are certain things which come. Why should he rule me? Who is he? Every question which has caused you to love, oh ji that look at you, I am beautiful, this and that, this all will go away. First will come to you, and you will fight him. You fight the very sight, the very appearance and his very personality. And to create that fight you become super-intelligent. Why? Your total ego at that time concentrate. That's the first experience you get as a concentrated ego and you go and tell him. Sir, I have a question about you. War begins.

(Students' laughter)

That's the declaration of war. And that war has never ended without a surrender. Every war can be compromised, war between the teacher and student has never compromised. But sometime it is missed and that's the most unfortunate thing which can ever happen in the life of a person. Such as life that. Sir, I want to leave. The teacher will say just don't leave tonight. Tomorrow leave. Just, now what difference it makes, you will say what, nonsense? What is the difference between tonight and tomorrow? You will lead that night, that's the end of you.

You will be surprised between the life of a student and a teacher there shall be a time when you will be totally demanded to act. And you will totally demand not to act. That's called cosmic conflict. That is what they call it law of the golden chain. Either you hold the chain or you break it. If you go the ego way you can never go that way. If you go that way you will always master your ego.

Now these are very mystical things to look at. But they are not. They are normal concepts of a spiritual world. Otherwise what is a spiritual world? Other stories. Like other story this is also a story. But other stories have moral, they have the plot, they have the actors and actress and everything, in this there is a conflict and experience. The difference between the spiritual world and the story is there is a conflict and experience. Remember that.

You shall never confront a preacher and preacher shall never confront you. The difference between a preacher and a teacher is, this is what the teacher will say. Oh finally you came. What? What finally? And what the preacher will say? Oh, welcome, welcome to our congregation. It's beautiful. That is what the preacher will say. The teacher says oh, finally you came, good. You say what crazy guy, what finally. Who is he? I never know him. What is his name? You will ask somebody. Is he the guy who preaches here? Oh yeah, yeah, he is so and so. First sight conflict. As first sight love. You understand?

Because the unknown must conflict with the known, because unknown finds itself confined in the unknown. The unknown finds itself confined in the unknown in the form of the known. But the known, the finite, the human being, doesn't know the unknown. Who am I? He doesn't know. But the unknown knows who one is. So he will say oh good, finally you came. Or you will find sometime this statement. You are learning, good. You say what I am learning, I am this, I have done eight years in college, I have done PhD, I have done this, I have done that, it is funny. It is funny how a normal human being walking on the spiritual path feels about the life and a human being in the form of a teacher forms about the human life.

I tell you a very great experience. We were studying with our teacher one day and I did a clever thing, what you call is clever thing. I said, "Sir, this experience is great with this friend of mine who was a lama and if I can go I may not come tomorrow, day after I can study with him." Now it was a clever thing to say.

And my teacher immediately said, "Don't worry Bhajan, you will get the ultimate power from him."

I said, "Oho, that's it?"

And that lama, my friend said to my teacher, "No sir, no sir, no sir, I can explain him everything, he was very Part I can explain him everything. There is no need of giving him experience, I can't give him any experience."

And my teacher said, "You shut up. He understood what I said."

Now this guy even couldn't sleep that night. Early in the morning he was at my door. "Hello Bhajan, can I come in?"

I said, "Okay rat, come in, what you want?"

He said, "Tell me in that conversation I missed something."

I said, "I didn't miss a thing. I will not be perfect now and ever, you will have the power and I'll take it from you; I have missed the boat because I said something wrong."

"Oh no, no, no, no, that's not possible."

I said, "That's already been written. It's all over with. Don't worry."

"Why it happened? He loves you very much."

I said, "Love does not secure for foolishness. I was fool, my statement was not right, I should not have talked in the presence of the teacher like that. Period."

I know better, I could have talked better. All I could have said, "Sir, if you permit me, I'll not present myself tomorrow and day after when I present myself may I be blessed with your grace."

I would have said that, it would have changed the whole thing.

"But how much difference it makes?"

I said, "It will make lot of difference. Because in the spiritual world of infinity there is no time and space."

You remember some of you who love to live in deserts, I asked somebody once, I said, "Where you want to live?"

He said, "I want to live in desert."

I have a doctor as a friend, do you know how he lives? He has dug in a little mound of earth, little hole and he has made a keeva, keeva they call it like a dome kind of thing. The guy makes, could make lot of money. He lives on that, he sleeps on the earth and has a fifty thousand dollar house by the side of that and he doesn't live there, there is furniture, it is very big and he slips into that keeva. And when I visited him, he said, "Come on, this is my house."

I said, "Doc, where is your real house?"

So he took me to the side and showed me a... pulled a lid over and then we went down and it's a very polished earthen thing and with lot of Indian jewelry and all that because he couldn't forget his past life as an Indian. He goes to the reservation, he brings the jewelry, he sells it. He goes back to the reservation, he lives in that, he is totally American, he is MD, he has got nothing to do with Part modern science or anything he prescribes, he diagnoses, he is good. He is totally western. But when you talk to him you will be surprised how Indian he is even today the Indians are not that Indians.

So sahenkar, they call them sahenkar. SaHENSKAR are the impressions of the previous life which the mental body carries along with it when it takes the soul from the body to a distant land. And it is very surprising you think my child is born to me, it's my child. No, no, you are never granted a child, it is living saHENSKAR. It's a previous relationship which has come to settle the account. First account to settle is, you must provide the milk. You say I am not a cow, I should provide the milk. No, you are not a cow and you are nobody this, nobody that. NirANJAN sometime has a question, "Sir, why we spend that much money on that dog on the operations and anything if she was to run away?"

I said, "That many dollar we owe her."

There is nothing else, there is no answer to it. When that much amount was spent which was due there was nothing more to be spent and there is nothing more of that life to be on you.

Now these are the mysteries of life which in our life we don't understand. We understand with ego and mysteries of life are beyond ego. I was supposed to come today, we would have come 4 o'clock, 4 o'clock today time in Los Angeles. But we came yesterday. Because our black dog dignity was to go. So when dog has eaten enough prashad, visited Guru Ram Das house enough, taking care of its whole karma then it must go. Why to extend the life when it cannot be extended?

Do you understand that there was a cat in this ashram, which used to do all the yoga postures with the students? Have you ever seen a dog, cat, lying down on the floor and when the teacher will say lie down flat it will lie down flat and when I was told that cat is doing this kind of stuff I never believed. I came one day to teach the class myself. And when I said turn on your right, certain people turned on their left, but cat was correct.

(Students' laughter)

I couldn't believe it. Raise your hands and the front legs come up. And that was it, I left the class, took the Part went it and said Part that is too much, I can't believe it. Cat got lost, somebody gave a poison. But that cat, normally cats to die they run away from the

place they live. That cat in the dying situation dragged its back body because of the pure poison got totally end up in no movement, dragged it all the way brought its head at the gate of Guru Ram Das and breathed last. Because if you could see that area, it was all ripped off, skin was gone, but it dragged itself with the front legs in the last breathing to just come here and to die. We call it white cat. Some of you are new but those who are old with this ashram and remember that white cat which used to live in this ashram must be remembering all this beautiful exercises that cat used to do and the last days of that cat.

Now you call it, cat is not supposed to do all that. But how can a yogi who was told by the master don't act like a cat, he said, "No sir, I am not acting like a cat, I am a cat."

He said, "So be it."

That's it.

So life is a fluctuation, it's a vibration from higher species to lower, lower to upper, it goes; but life is not what is in the body of the cat, what is in the body of the tree, what is in the body of the human, life is a consciousness. It never dies. Aatma amar hai. The soul is immortal. And it is that immortal in us which is important, mortal is not. Cover is not. So what we do is, we beautify the cover, it is my hairdo, these are my clothes, this is my this, this is my that. But we forget our real self. Our real self is that aatma inside me. You need not go to the desert, you need not live in a keeva, you can live in a most polished house and totally be unattached. That is why Kundalini Yoga is very important.

Kundalini Yoga has its first effect that it wipes out the sehenskar. That's why whether you are drug addict, whether you are this addict, you are sex maniac, you are angry, you are unhappy, you are this and that when you do Kundalini Yoga you immediately change and you change so immediately that you even don't know. There is nothing miracle about it, this yoga is scientifically designed by the sages through ages to takeaway the sahenskar. So the cause shall not ask for the effect. That way if the effect is suffering it will not cause the suffering.

There are other yogas, there are beautiful yogas, there are twenty-two lines of yogas and Shakti, bhakti, rajya, this and that and Kundalini Yoga is one of the yoga but it is a combination of Shakti and bhakti. Shakti and?

Students: Bhakti.

YB: Shaastra and shastra. The knowledge and the power are blended. That is why if you see the mystical sign of the pope of the catholics is flag, it has yellow and white color. That represents Shakti and bhakti, in the color science. Even your flag has white and yellow together. That means it's a Shakti and bhakti. Bhakti means devotional concept of God. Shakti means power concept of God and when these two concepts can be experienced there can be no sahenskar. That's why they say where is Dharma there is no?

Students: Karma.

YB: And where there is karma... what is a karma?

Karma is why this thing is dead and what is Dharma? Thank God, you gave this thing to me, you take it away, be happy in your storehouse. That's all. There is nothing unusual about it. "Jo upjiyo sobhins hai pado kaal ke paas. Whosoever is born shall die. And must go through the net of the death. So what? You have come for class, you attend the class, you go. If you would never have come you would never have the trouble of going away. Accept me, life is like that. You are born, and you must die. Between born and death there is one little phase-are you knowledgeable or you are ignorant? If you are ignorant you will be afraid of life. If you are knowledgeable then there shall be no fear. And when there is no fear there is no pain.

I tell you that story before I close my today and I'll continue this series and I'll open up the mysteries one by one and slowly so that we can really understand the basic of this life that this life which you challenge very much or sometime let it go unchallenged is a very simple situation. It is not what you know, it is not what you don't know, it is the combination of the both. What you know and what you don't know is life. And that is very important to recognize. But unfortunately you only dwell on what you know.

That is why Kundalini Yoga is very important, I recommend everybody should do it. If you understand my recommendation. Because it makes you intuitive and with more intuition you will know more, what you don't know. What you know you already know. And how much you know. Three percent. What about ninety-seven percent? You know maximum where you are very this, that, that sensitive and all that, maximum you can know up to ten-eleven percent, that's it. There is ninety percent of you totally unknown. The intuitive body will know the unknown body and its environment and its orbits. And the finite body with mental body will be pleased when the intuitive body through the spiritual body tells the story of its orbit.

We'll look at that in our next meet. And we will go on this series mysteries of the living life so that when they finish you can bind them in a book and give them to your children so that they may not be amazed to know what they don't know and what they don't know they should urge themselves to know so that they can know the greatness of the scientific totally beautiful scientific system of yoga where the known knows the unknown and unknown reveals to the known. We will have our first meditation in this series please.

Fold your hands...**11 ---> 31 MINUTES**

Part of the ego and that the thumb. Straight body, eyes at the tip of the nose. Understand? Can you do that? Hands are like this, watch my hands. One hand like this, other goes over, this touches here and this comes here and it has a very comfortable place right before your belly, above your navel point. About an inch or so. That's where the hands will rest if you are a person of a normal structure. Your eyes will come at the tip of the nose and you will sit straight, please inhale deep and mantra is very simple with this;

Sat Nam Sat Nam Sat Nam Sat Nam Sat Nam Sat Nam Wahe Guru.

Sat Nam Sat Nam Sat Nam Sat Nam Sat Nam Sat Nam Wahe Guru.

The class chants:



Sat Nam Sat Nam Sat Nam Sat Nam Sat Nam Sat Nam Wahe Guru,
Sat Nam Sat Nam Sat Nam Sat Nam Sat Nam Sat Nam Wahe Guru.
(Chanting continues...)

YB: (Over chant) move your lips in the sound. Try to experience this meter. In this rhythm lies the great intuition and harmony. Beautiful, keep up this rhythm, it's beautiful.

Inhale.

(Chanting stops.)

I'll not like you to chant more, the maximum time of this Kriya, there are very few kriyas which are maximum time, normally we will give minimum time, maximum time for this Kriya Part is supposedly ask you not to do it more than thirty-one minutes. Rhythm is unique and that is the only rhythm which should be maintained and there is no hurry and there is no quickness in it and it's relevantly beautiful and it will be very good indeed to experience that you will come out like from a bud into a flower, you will open up, it's unbelievable. Sat Nam Sat Nam Sat Nam Sat Nam Sat Nam Sat Nam Wahe Guru.

Truth is me, truth is my identity, truth I am, oh infinite one. That's what you are actually saying if you want to say it in English. And rhythmically it is very surprising, when your prayer doesn't work, now listen to this. When your prayer doesn't work nothing works. At that time you put yourself into it and see how quick it works. That's the part worth looking. Provided rhythm can be the same. And rhythm can only be same if you move your lips not only just say with the tongue alone but with lips. Sat Nam Sat Nam Sat Nam Sat Nam Sat Nam Sat Nam Wahe Guru. Otherwise we can say Sat Nam Wahe Guru without making lips move. But in this the secret is moving your lips with it. Do you understand? So this chant is rhythmical and it goes just in the same rhythm and your both lips kisses God each time you utter and they go along with the tongue. So your heavy area of the vagus nerve is completely covered and stimulant stimuli, experience the stimulance within the framework called great computer and you call it brain. And then it is extended and extended and extended and you start enjoying little bit more, little bit more, and then one day you say hey that was all me. And that's the day you know the unknown.

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

YB: Blessed is my soul which has brought me here in the body of a creature to create this congregation, to remember the beauty and the mystery of the Creator, the cause and effect of all, blessed is my soul that I could spend this time out of my all time and space to think about that I am above time and space. Blessed is my soul that I am I am, Sat Nam.

I do not know what is my schedule, is my tour secretary around?

Student: (-----)

YB: Well, when we are teaching? When I am flying next?

Student: (-----)

YB: So we will be meeting Thursday as usual and this will be blessed time that we can have this gap. So I'll be flying out and this time I have to go to Seattle, Washington, if you can come along with me then Alaska, Anchorage and then to Hawaii. And I am very grateful for the tour this time, it took me all the way to New York. Normally in January I used to roam about, go about that way. But fun of this is that this time we visited our community here in Pomona and then we met at Tucson, though it rained which was normal but it was not that cold. And though it was snowing in Espanola but I loved it, it was just like white, the whole part of that universe decided to wear white for some days and it was very clean and anybody will walk on that white this step will show what age is. It's beautiful. If you want to go to Espanola during this week, peanut flights are available. It's very cozy there. You can't get out and do all what you want to do. But you can be in and thank God you are really well confined. In clothes as well as rooms and as well as everything else. It's beautiful place. Do you understand what I am saying? Nobody goes out there. They go inside, they meditate, they chant and they find what they are not finding outside. That's a pretty experience. Welcome to your own shrine. Thank God, you got a chance to come. Bless you.

(Students sing...)

(Song stops)

YB: Be very cautious, four years from now is the test of consciousness of people on this planet earth. It is time that you must dwell on your higher consciousness and seek the partnership of that infinite one which is within you, around you and without you. See and meet you on Thursday again, thank you.

By the way somebody can give me that cookbook?

Student: (-----)

YB: Sat Simran do you have the cookbook? Finally we have waited, how many years?

Student: Nine.

YB: Nine years. When Shakti Parva started writing this nine and half and Part has put it out and this is Golden Temple vegetarian cookbook. Became a reality so that you can have all the cookies and cakes and what not.

(Students' laughter)

And it's for the truly committed ones. So now it is not because I am non-vegetarian, I am vegetarian, I do not know what to cook and what I can do, exclusively it has got lot of good recipes and it has about ginger, garlic and onion, those trinity roots a chapter, and about other foods and if you don't want to buy it fine, but just read it. Without buying it, that's normally what you do.

(Students' laughter)

But at least have it, sometime it is good to cook a book if you cannot cook a meal.

(Students' laughter)

Bye, bye, thank you. Take it back, these are the few copies which the Part send it to me, and I like the cover and I like the work they have done and hopefully Siri Ved Kaur has a cookbook too and now she is in

competition should come out with a better cookbook. Thank you very much and we will be in a position to meet you next Thursday.