

SUMMARY MEDITATION:

Therefore the process of life is that we encourage ourselves and raise our consciousness so that we can be conscious. Conscious and self-confidence, the relationship we'll talk next time, we'll do a little meditation now.

11 minutes: Please lock your hand and neutralize them, thumb over the thumb in the lock and put the hand and put at this ribcage lower bottom area the elbows and the line touch, spine is straight, chin in, close your eyes, try to look serene and statue. Inhale deep, exhale deep, inhale, exhale, inhale, exhale, inhale deep, exhale deep, inhale deep, exhale deep, we have a rhythm WAHE GURU WAHE GURU, WAHE GURU WAHEJIO, WAHE.

[Repeat it eight times per breath]

Student: (---).

YB: Jio, just remember there is a little click in it Wahe Guru, Wahe Guru, Wahe Guru three times fine, no problem, Wahejio, there is a little dash in Wahejio, so create that dash with the breath. Inhale deep, on this breath before you inhale you have to sing this five times and then you can breathe, exhale. Inhale deep, go ahead.

Students: Singing 'Wahe Guru Wahe Guru, Wahe Guru Wahejio....'

Don't be afraid. You are getting there keep up. **Take the breath enough that you can complete it without cheating. It will build up lot of stamina try to do best.** <https://drive.google.com/file/d/0B6R-llsFYOdeccUZGX1UwT21tTg/view?usp=sharing>



Inhale (The singing stops.) **Hold the breath, exhale. Inhale deep, exhale, inhale deep, let it go.**

I will like to explain to you this, any time when you fall short of courage, fall short of commitment and fall short of strength, what did I say?

Students: Any time when you fall short of courage, fall short of commitment and fall short of strength.

YB: Try this in a cycle of eight times, sing it eight times in one breath, put the watch before you, put the,

Students: Watch before you.

YB: And **sing it in each breath eight times, Ashtang cycle you know that okay**, and just do it eleven minutes by watch, by watch and then watch out for yourself, but in the end of eleven minutes please try to inhale deep three breaths and retain to your maximum and let them go, that's a requirement.

I'll be leaving for Anchorage, Alaska tomorrow and this is the homework I like to give it to you, eleven minutes each day at your own available time and if you love me you can spare eleven minutes, I can understand that and I want to see the net result in you and your personality and I want you to understand, make it, those who have not come there, call them if you know them and tell them this is the homework and tomorrow is Wednesday, Thursday, Friday, Saturday, and Sunday, Monday we are meeting and we want you to practice it for five days and feel this wonderful thing how much wonder it can work in you.

Student: (---).

YB: No, we sit down and say it and we say it eight times, it will be difficult, you can break your breath if you don't have a deep capacity of the breath at the fifth breath, fifth is the maximum, sometime if you can go six but if you develop it you can go up to eight breath, eight, eight singing if you sign but don't 'Wahe Guru Wahe Guru, Wahe Guru Wahejio,' don't do that just in that mono rhythm. Yeah.

Student: (---).

YB: You can do alone, you can do five people, you can do twenty people, it's not, no restriction, but just do it eleven minutes and maybe you make it, if you need really help you can make a group, you can do it alone, you can go on the beach and do it, you can do go on the mountain and do it, my question is do it and experience it, that's all, no ritual, simple realization.

LECTURE

.... Student: (---).

YB: Oh where is Ram Das Kaur?

Student: (---).

YB: It is a Mukiya Singh Sahib birthday they say.

Student: (---).

YB: Self-confidence.

Student: (---).

YB: It's okay. **Self-confidence people do not understand, normally it's a very simple situation. What is a self-confidence? Self-confidence is normally is felt what I believe if I believe and I act it out that is a self-confidence.** Am I right, right?

Students: Right.

YB: Right, it is wrong, you know why?

You may believe and you may not believe what you believe may not be truth, what you believe may be totally truth and you may believe it may be somebody's truth and may not be yours truth, or whatever you believe may be circumstantial truth and environments passion and whatever. Self-confidence only means, it only means that you exactly do what is expected of your grace, not what is expected of you. If I come here and wear a loincloth around me and come and sit here, you won't have any reason not to listen to me because I'll speak the same truth, right, but I'll not be good for you, you know why? Because I have to experience what I know and what I know if I experience I can share with you with confidence and when I can share with confidence because I have experience then I can talk to you in my grace.

If I have done all my life what I was supposed to do or what I wanted to do or what I could do then I have not touched my grace. My grace and me are different, that's why Jesus Christ may have followers but he had only twelve disciples. There may be a billion and a half Christian but there is not one disciple because disciple is one who totally merge in the grace of the teacher. Lot of people have listened to the Christ, lot of people followed Christ, lot of people believe in Christ, but there are only twelve disciples.

Follower is that who follows the teacher, disciple is one in which teacher believes. Disciple is one who has totally practiced the discipline and have gone through the experience, that is disciple and that is only a first stage in spiritual consciousness. But in the modern day today we are so temperamental and so emotional that we do not have capacity. We may have a faculty, we may believe it, we want to do it, but we don't have the capacity to be a disciple. Disciple is the one who has mastered the discipline. So you will find lot of growth in a jungle but you will not find and call it a garden, you will find a jungle. It has been seen and observed through time and ages that people wants to become followers.

It had a situation with Buddhism, Hun yang and Sa yang there are two branches of Buddhism, Hun yang is the branch which creates the disciples and sa yang is the area where you create the followers and when Sa yang started everybody and the whole world became Buddhist, but when it was Hun yang forget it, it couldn't even touch the other city. That's why it is very funny, on Sunday God rested according to the bible, is that true or not, how many of you rest on Sundays? Did you see the chariot of fire? Even the king of the country in the name of the patriotism tell that guy to run on Sunday. He said, "No." Because I believe in God and God made you the king and the bible says, "That on Sunday as a Christian I am to rest, so I won't run in the heat."

It was a very subtle thing but if have noticed, even there was a discipline. You follow that is different, but when you follow through that is called discipline, that gives you the experience and when you are following discipline opposition purifies you. I have to do nothing, I tell you I counsel because you are in habit of counsel and these days everybody has become a counselor. Poor Dr. Soram learned so many years to understand the meridians and touch the patients and all that, I mean to say, it is right, I mean to say it is a science in kenziology and he is expert, he is a MD, now everybody does this and I can understand what are these guys doing, food is good, enchiladas are good, ice-cream is good, what is this going on, I mean to say and then there was a craze in United State you know, you are nice, you are not nice, you are right, you are not right, what is this? These are, I mean to say, I am a teacher and I say God save me from psychics they pollute and dilute my faith, I said it, I wrote it, I put it in beads of truth, I circulated it. Well Dr. Soram has machines, he can measure somebody, he can talk to somebody, he understand he is a medical doctor, he understand what he is doing and I know he went to Dr. Koo, he learned, he went other places he learned, he went to spend so much money, went to Florida he learned, now everybody has become Dr. Soram. Period. There is no end to it. Somebody went...

You know, there is a story in India, a fox went to a shop right, and he picked up turmeric, now turmeric is very healthy I agree, so it started letting everybody eat little turmeric, all the animals started becoming healthy and then he sat down and he said, "I am the Vaidya, I am the doctor." Now with one turmeric you have become doctor. Now this is going on, yeah raise your hand, this, this, well whole kenziology is a science man, everybody. You are urinating all right, you are not urinating all right, what is joke going on, I mean to say what is the this, it has become a mockery. Go to the medical college, study four, five years, go do residency and have five, six, seven years and then go to Germany, study, go to, I mean have some background this is it, that is it, what is it, I mean to say, fingers are twist all the time, I know your ego and I know your urge and you want to be somebody and you want to tell somebody something, I tell you tell everybody one thing, shut up.

Students: (Laughter.)

YB: That's all we need. You know what I did, I did something with you, you don't understand what I did, somehow I know as a fact, somehow I know as a fact that army has strength, army has training, army has discipline, army has everything, but if army does not have uniform it cannot deliver. You understand? You follow? So what I did? I did nothing, I didn't teach you and I didn't have a miracle stick in my hand and I say, gili, gili, gil you become spiritual.

Students: (Laughter.)

YB: I knew it, it is not going to work, I mean it work two, three people, I can transfer my power into your eyes. It is hypnosis I know it and the best... God, I am the best, I can hypnotize anybody at any distant if I want, but it's not fair, it is absolutely not fair to give hypnotic suggestion to control anybody for which you cannot take moral, ethical, social economic responsibility. It is a sin, it is immoral, it is unethical, it is inhuman to take advantage of an other person weakness, it's not right. If you are not medically approved and it's not your profession, don't pretend to be. If you are qualified, you are a minister, you can do ministerial counsel, it's all right, you are welcome, if you know the health you can give, progressively even grandma remedies, it is very fair. Now can you believe some people just circulate that pendulum on everything, every wife is circulating that pendulum on the husband should I and should I not, what this will mean? When we are going to be sure of ourselves? We have a knowledge, we have a discipline, we are beautiful human beings, and we can really, I tell you something, we can do such wonders which nobody else can do.

It's very funny, somebody called me and he said, "I have a patient here walking at the Ram Das Guru's ashram."

I said, "Describe his position."

He described his physical and mental situation. I said, "It is very simple."

"What should we do?"

I said, "Just do one thing; is there any cup of yogi tea around."

He said, "Yeah."

I said, "Give him one glass of yogi tea."

He said, "Person is damn depressed he don't think he will drink."

I said, "Put lot more honey in it that's all, everybody will drink for sweetness, give him that."

So he gave, he said, "Well sir, he drank."

I said, "Then do one thing, ask him to sit in front of you and do nothing, just sit in front of him."

So he put him in front of him and he just sat down and sat down and sat down and after half an hour this man start cracking and laughing and doing lot of things and then he became sober and then he cried and then after that he just calmed down and (?), he ask him, "Can I sleep." And he lied down and he slept; after three hours he got up, so this guy said, "What should I do?"

I said, "Give him a beautiful bath, massage him, give him a bath, let him rest, give him meals, tell him to go home."

Next day he came and he thanked and this teacher of mine, teacher of mine asked me, "Sir, it worked wonderful but what was it, I mean he did it."

"Because I told him to do it."

He said, "What was it?"

I said, "It was nothing; it was called body language hypnosis. Under my instruction you just sat down and just sat down as a calm sane human being in front of some emotional wreck and finally at looking at you and seeing you and understanding you his vibration became calm and serene and that's all it takes."

Some parents tell children suggestive hypnosis you know under pressure, 'don't do this, do this, do this right, do this wrong,' it is nothing, you are not to tell anybody to do what and what not, you just do it. Seeing you do good things they will pick up. There is no need of chaos in life.

We have a wonderful discipline and about sixty percent of us really do it and hundred percent of us are in a very good discipline, on that we cheat from five percent to fifteen percent. Sometime we do not understand why we wear white, sometime we do not understand why we wear cotton, and sometime we do not understand why we wear bana and I have explained you many time, I'll explain you today, we wear white because it's a color therapy, it guarantees to build in you neutral mind.

'Saat tambar sab bhay swami.'

And it's a old science, it's no big deal. White contains all the seven rays and it's a constituent of bringing in you the neutral mind, it helps. You may be any adverse state of mind, adverse state of mind, I am not talking in a normal, adverse state of mind wrap yourself in a white sheet, and lie down flat, see in fifteen minutes what it does to you, exact fifteen minutes by watch, take it. We wear cotton because it is best absorbent to create a air around us, and we wear bana, it brings out of us the faculty of endurance, faculty of endurance is the only human quality which matters in you. Faculty of endurance is the only human quality which...

Students: Matters in you.

YB: Which matters in you.

So basically, when we were all running around and doing we decided it was all right, we will wear a bana and we all come out in a absolutely self. You see there were eighty-five thousand people they say in that place, in rose (?), you could be seen from anywhere like patches.

A normal human being who is very healthy, very healthy and very radiant requires nine feet of aura on each side. Animal has a three foot and half aura and every other metal or thing has a foot and half aura, that is the fundamental projection. We have a animal nature in us if we are in a bana we can never ever be reduced to three and a half foot, it will give us six inches to a foot

edge on our normal weakness, that's why we can be sometime irrational but can never be brute we can be uncozy but cannot be totally crazy, that is the faculty which give us the edge over other things because we have to survive. You can survive, I am not challenging you, you can't survive, but you can survive if with endurance, you can be successful, if you cannot be successful you can have some reason to live better, it is the faculty of life. It's not only challenge, it is a challenge to self-weakness and it puts us in endurance.

Every human being, whether you are woman or you are a man, you are a person or you are MS it doesn't matter, in life one thing does matter, isn't the life that matters, it's the courage...

Students: (---).

YB: That's the law of fortitude and without fortitude nobody is going to respect you. You must come through and you must come through well. Just remember, you must come through and you must come through well and that is the principle. It's a principle behind human life and it is the principle we relate to. Courage....

You know I went to England and I was surprised on every corner there was a beautiful sign, take courage, take courage. I thought the British empire is propagating on take courage, I asked somebody, "What are these sign everywhere take courage?"

He said, "These are the beer houses."

Students: (Laughter.)

I said, "What do they do there?"

They said, "They go in and drink beer, that beer is called courage."

Students: (Laughter.)

YB: As we Roulade gives us relief, how you spell relief?

Student: (---).

YB: Roulade, you know.

Students: (Laughter.)

YB: Man has tried to...

Students: (Laughter.)

YB: To my mind it was courage,

Students: (Laughter.)

I was not freaking out, I was liking it I said "My God it's a best thing I have heard, on every corner there is a sticking out, and there is a light in, and say take courage, wonderful idea. Must be government sponsored thing and something who can spend that money."

The guy said, "No sir, it's not true, these are all pubs, people come and drink here and courage is a very good beer and they drink a lot and that's why these pubs who just serve courage they say take courage."

Self-trust; self-trust is the most beautiful state of mind, self-trust, is divinity in you, self-trust, self-trust is dignity in you, and self-trust is grace in you, it comes to you when you have the courage, good courage. Everybody wants to stand out, wants to stand out and few do. And when you say, I have self-confidence, you always understand the self-confidence is when you feel, agree with me or not, if not tell me, when you feel, you know, you feel, you know, this is what you know and you are doing what you know, you are doing what...

Students: You know.

YB: That is not self-courage, that is not self-confidence, that is not self-knowledge. When you don't know that you are doing exactly what your dictates is from your grace.

Are you with me?

Student: (---).

YB: When you know you are acting and you are acting what dictates comes from your commitment. When you know you are acting what you have taken vows to, you understand that. Whatever you are, you are in perfect self-confidence. When I say emotions and feelings do not play any part in life of happiness I mean exactly that. Temporary patchwork will not stick around permanently. If you want to know what is good for you and what is bad for you, please ask your consciousness, if you want to know which is higher for you, what is lower for you, ask your consciousness. Develop consciousness so that you can live consciously. If you are believer of the makeup, makeup in your consciousness so that everybody can feel it that you are a conscious worker. Do you think by putting this lipstick and doing this and (?), you don't sweat and all that, by blocking pores and all that you look really good, you stink; with fifty dollars extra you stink more and you hurt more than a horny normally ugly guy, at least if a guy is walking like a bum we just walk away and we know he is a bum, but when we walk with you, you look pretty and then inside we found out a bum we get more hurt. You understand that?

It happened to me in Canada; we were sitting in a lounge and we were waiting to go in and there was a very, very beautiful girl who came and sat to the next side and the guy who was taking me to that side he said, "Sir watch, watch who is sitting with you, who is sitting with you watch, watch, watch, pretty, isn't she pretty, is she pretty."

Two, three, times he gave me this you know elbow, so I turned around and looked, I said, "Well what is wrong with you, she is pretty that's all right."

He said, "No sir look, look, look she has specially come and sat with you, isn't she pretty, isn't she pretty."

Then I really looked on her, I said, "Yeah, she looks pretty but she is not."

He said, "Sir no, no, no, no, no."

I said, "All right, why don't you sit on this side and I sit on that side and you can try and you can find out for yourself."

He said, "Believe me, why don't you just start talking to her."

I said, "I just don't want to interfere in her capacity."

So I got up and I went looking down that I am looking at a picture then I came back and I turn on the other side. I don't want to offend my host I was very new to this country and I never knew the rules, but I knew that girl who was very pretty is not very pretty, I knew it. So I thought he will learn it, so naturally he slip like this, slip like this, and just sat with her, he said, "Hi." And she said, "Hi."

And I was watching, I wanted to see this beautiful free drama.

Students: (Laughter.)

And he said to her, "What is your name?"

She said, "What, what, what you said?"

And he said, "No, no, I just said what is your name, my name is Jack, whatever he want to say, "My name is Jack what is your name?"

And there came a big slap and he couldn't do anything, he was just sitting there and I said, I said, "She is pretty."

Students: (Laughter.)

YB: And immediately the gentleman walked in and he apologized to him and he lifted her (?) and asked her to go and made her sit another side and then he came again, he said, "My apologies, I just had to go and she is not right."

I just politely said, I said, "She is insane, isn't it."

Students: (Laughter.)

He said, "Yeah, no, she is aggressive, (?)," he made something like it is a very special medical classified information which we can't have.

Students: (Laughter.)

And I asked him, I said, "Why don't you go and sit there she is pretty." And I could see this side was so sunbathed as he has been you know, sleeping in a beach and I said, "Didn't I tell you not to interfere...." And that is a physical trauma which I saw and which happens on a subtle level, on a mental level with each one of us we look pretty, we have lot of garbage. We put lot of makeup to look pretty but we never do to clean our inside so that we are pretty. To look pretty is not pretty, you ought to be pretty, to look wise is not wise. You should be wise and you should look wise, that I agree, but just to look wise and not being wise you are going to be found out.

Therefore the process of life is that we encourage ourselves and raise our consciousness so that we can be conscious. Conscious and self-confidence, the relationship we'll talk next time, we'll do a little meditation now.

11 minutes: Please lock your hand and neutralize them, thumb over the thumb in the lock and put the hand and put at this ribcage lower bottom area the elbows and the line touch, spine is straight, chin in, close your eyes, try to look serene and statue. Inhale deep, exhale deep, inhale, exhale, inhale, exhale, inhale deep, exhale deep, inhale deep, exhale deep, we have a rhythm WAHE GURU WAHE GURU, WAHE GURU WAHEJIO, WAHE.

[Repeat it eight times per breath]

Student: (---).

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Students: Singing 'Wahe Guru Wahe Guru, Wahe Guru Wahejio.....'

Don't be afraid. You are getting there keep up. **Take the breath enough that you can complete it without cheating. It will build up lot of stamina try to do best.**

Inhale (The singing stops.) **Hold the breath, exhale. Inhale deep, exhale, inhale deep, let it go.**

I will like to explain to you this, any time when you fall short of courage, fall short of commitment and fall short of strength, what did I say?

Students: Any time when you fall short of courage, fall short of commitment and fall short of strength.

YB: Try this in a cycle of eight times, sing it eight times in one breath, put the watch before you, put the,

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Let us sing to Ram Das Singh happy birthday.

Students: Singing "Happy birthday to Ram Das Singh khalsaji...?"

YB: Many more.

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

YB: May God within you, be with you in your conscious realization. Sat Nam.

Students: Sat Nam.

YB: I am very grateful to some people who after the incident of fire at the estate have sent money, it has been decided all such money which has been send to me shall be totally diverted and given to Sikh Dharma and receipts be sent to you, it is a goodwill, it is a gesture you have sent it out of love and lot of people have telephoned that what we want and what we don't want. The idealistic situation is you have a every right to love and send and I have every right to explain it to you, we will like because the estate is Guru Ram Das estate therefore all the money, and all the donations, and all your sentiments will be regarded and respected but all the money shall be deposited in Sikh Dharma account.

Thank you, God bless you.