

SUMMARY MEDITATION

1° kriya 11+1 minutes: So tonight, we'll look at our self, tonight we will look at ourself with a very different aspect. And that's, please, **connect your jupiter, lock your thumbs,** and sit like this straight, chin in and chest out. **Close your eyes and look at the chin** from the closed eyes. And make, make your posture absolutely **solid straight.** Now jupiter energy in us is the energy which give us what you call as civilization, make us to understand our life, jupiter is responsible for our prosperity, our purity and our powerful projection.

Now you are dealing with a simple planet, with a simple projection. Now it depends if you have no other thought but concentrate on your jupiter finger the first finger, just feel one word proper power and prosperity.

Think prosperity, feel prosperity and meditate on.

Get into a solid state, cut out all thoughts. (Prosperity).

(The tape, "Prosperity....." is played).

" I Know Thou Thee, Wahe Guru Ji, Give my day Prosperity, Reality, Prosperity & Ecstasy"

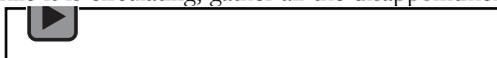
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relax.

Kriya audio 32m, 18"



Sometime we need to have a conscious effort beyond our belief, beyond our knowledge and beyond our faith to check what we are doing to ourself. We don't understand something which is very normal. First you have habits, then habits you are. And once you are habits, then there is no such person in you which has what identity it has. Habits are not you, habits is a experienced way of living. It should not be automatic.

2°kriya 11 minutes: In triangular strength, I will like you to lock your hands and have this and right hand make a fist and hold your index finger and move here like a machine. That's all I want you to do. **The index finger is tied down by the right hand, all of you and you move this fast, close your eyes and move.** I don't have to give you any direction. It is enough for your purposes. Just make a circulatory, circular motion. Happiness runs in a circular motion, like, like, like a boat upon the sea. Just move round, but move fast at



your maximum possibility and very lamely speaking, just keep on going and you will keep on freaking, in a few minutes. **Move round and round and round and round, that little circle about six to nine inches and fastest at your maximum is that's what you need. It's not a easy exercise I fully understand, and this is not easy to do. But, it has to be done.**

Look at that little baby doing so good. Fast please. You must go out of breath within three minutes, that's how fast you have to be. And you must enter into a stage of pain and non-reality. Oh yeah, you got to create it yourself, it's not something somebody is doing to you, so that will give you the clarity, come on. Get wild. Move, move, move, move. You know all the greatness is in, in your body, in your own self. You can get it from outside, you have to create it from inside, too, so that you can share with outside and be popular and healthy and loving whatever that takes. Go, go, go, go. When I say go, go, go, you think . Move.

People pay so much money for a personal instructor and gymnasiums and millions of dollars. Ask them to do this exercise for eleven minutes, they will jump out of the window. We'll not do eleven minutes, we'll do just few minutes, come on. Move, move, you big macho, modern athletes of the time, why don't you move? Come on. Not fair, you have to move faster, you are not keeping that space.

You know, this exercise alone can help your stomach and all the muscles, abdominal muscles they call them, you don't have to buy a easy crunch, come on, in three payments, hurry up. Now you've, you are little silly kids, you are not doing it even right, come on, do it the way you started, you know, remember? That was nice for few minutes and then, round and round and round and round and round and round the hands go. Come on, you will be totally exhausted when we finish it, don't worry about it, and it's very good. Natural cosmos energy will replace the human bind which is fatigue, come on, quick, quick.

It's very funny, when you have a fatigue syndrome or signs, it's a long process. Why don't you just create those syndromes right now, see how far you can go. Come on. Keep coughing, you keep going, it's, it's within the rule. Now wait a minute, what are you



are special today that you can't do it fast? Come on, hurry up. You think your wife can heal everybody so you don't have to worry about it? Come on, move.

Move, move, move. There is no lecture, no talking, nothing, it's just moving. It's enough to fix you. It's your own magnetic field which is causing all this pain and healing you and you, you don't understand. It's a self-surgery, come on. Go, go, go, go, go..... through this pain. Now don't stop, that's cheating. Come, come, come, come. You have two more minutes to go. Honestly. You can cheat about minute and a half if you want.

If I tell you to go to Gerlatto right now, everybody say, "Wow." If I tell you to do this exercise, "No." What is this? Come on, move.

This is your last minute. Move harder. Thirty seconds.

Inhale deep, keep moving, keep moving, inhale deep, hold the breath and keep moving. This is the most positive movement. Hold the breath and move harder and faster. Breathe out and breathe in. Then move, really. Breathe out and breathe in. Come on now, try, I am not going to give you another situation. Hurry up, hurry up, hurry up, hurry up, hurry up, relax. Done deal. Ha. Ummhu.

Now comes the D-day and I can't give you a rest. So, this is how it is folks.

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minute, yeah, that's the real rhythm. Move and see what it does to you. **One up, one down, fast.** Rhythm, rhythm

in the books is hundred twenty times, twice a second, in other words. Concentrate, concentrate, concentrate.

There is no problem if you do it right, eyes have to be closed and concentration should be very unique. Now you are



Move criss cross the arms, one up one down, fast

having a control on your magnetic field, isn't it amazing? Up and down. You are just distributing the cards, that's all. Come, come, come, come, come, hurry up.

Did you guys see the ? Yeah? Was it good movie? He won in the end? Everybody is not here, that's why I am talking. Perhaps I have to send them to movie first and then see they win. Come on, against all odds please move. Listen, whatever magnetic field you are going to create, now that field is going to live with you. So it's a, it's a permanent gain, it's not some temporary joke. Move fast powerfully. Blend in with your own strength.

These are the last, I think, two minutes, if I am not wrong, yeah. Well, 7.20 we'll close the exercise that you have the right to go through it. Faster is the way. Twice a second and second is like click, within that click go twice.

Cross, cross, cross, cross, crisscross, crisscross. Forty five second, faster, harder.

Could you understand you have only twenty seconds left and you have to do forty times in these twenty second at least to pass with honor. Standby, inhale deep and keep doing, faster, harder and faster, try your best, circulate the magnetic energy throughout the body to every tissue. Exhale and inhale, keep doing, don't stop. Exhale and inhale. Cheating, hold the breath, move. Exhale and inhale, hold tight. Now you have to go straight ten seconds, whether you like it or not, hold tight, move, move, move, move, move, move, relax.

LECTURE

Wow, Sunday evening 6.30, Umm? What? Saturday? It's not Sunday? It's amazing. No, this is a direction for the new school. We are going tomorrow to a land of the Indians. But they are not western Indian, they are eastern Indians. It's a land where grapes grow and people freak out. It's called Baker's field. There must be some Mr. Baker who has a field there, so we shall be visiting tomorrow.

Tonight we are going to educate ourselves in the cross reference. Do you know what a cross reference is? No. When I know what is right and when I know I cannot do the right. And mind you, two things you always know. You always know what is right, you always know why you are not doing the right. So, that is the time if you have the cross reference, you can hold yourself for it temporary holding of the energy. It's not only among people, mothers do it, fathers do it doctors do it, attorneys do it, executive, Chief Executive Officers do it. This is a human failure. If we do not have developed in us the cross reference, we will exactly do wrong knowingly and precisely. And will pray that we escape and not get caught. In our personality, there is a very powerful computer. It's called consciousness. It's feeble, it's humble, it's a little wise. You see when you meet somebody even at first sight

you know the person is a trouble, person is a help, person has to go, person has And then you say, heck with it. I have nothing to do with it.

When you know sometime you fight, when you know sometime it's wrong, you know, ninety percent of all our pain are because we have no cross reference. There is nothing in us we can look at a experience, which is me and my soul, which gives me the experience of Infinity. And all I know is this is the planet earth, this is my home, this is my girl, this is my boy, this is my money, this is..... all I know is which is opaque, opaque. There is no gem quality, there is no cross reference to see through the crystal. Crystal is the most powerful thing and what we have? We have taken physical crystals and we can hang them around to satisfy. Crystal healing. If you become crystal, you are healed. And what is crystal in you? The cross reference. And right is right and wrong is wrong and you can see right or wrong and your consciousness can tell you wrong is wrong and it cannot be right, when you have that strength. And then, with cross reference, you can cross fire and you say, "No." Do you know the joy of that NO. Have you any idea? No. You don't. 99.9 percent people fall victim that they don't have the capacity and authentic approach to say, "No." And it is of those who have cross reference. And forget about those who have it.

Technologically, you have all the options of knowledge. If you say you don't have a knowledge, you are lying to yourself.

"Beej mantar sarb ko giaan."

Your spermatozoa knows how to reach the egg. It may die in reaching it, but it knows which way to run. It doesn't come out. Any female has an experience that after intercourse with a man all the spermatozoa jump out of her? No. Seriously no. Do you know your body, your organ and your actions all are complete and perfect. Your molecules, your blood circulation, your beat of the heart, your beating of the lungs, it's so rhythmic. The only thing in you is, unrhythmic is you. Is it amazing that the entire body from top to bottom is totally rhythmic, the only which is not rhythmic and harmonious is you? Because you clash with your ego, you are never you, your ego is never yours because it is never can be. So because you do not know who you are. And you do not know where to stop and you don't know where to start.

Millions of thought which your intellect gives you, you start pursuing them blindly and when it becomes your desire, you cannot master your desire and you cannot master your life. Mastery is not a gimmick. Mastery is not spirituality and not spirituality. Mastery is life. Then that creates legacy. When you can say "No" when you don't have any option but to say "No" and then at that time when you cannot exercise your "No" you have lost. And now work it out all of you. And feel it within yourself how many times everyday you lose. When you have to say, "Yes" you cannot have to guts, strength, courage to say "Yes." Why? Because your actions have no cross reference and when you have cross reference whenever you get caught, you don't want to admit it. Don't admit it out of guilt. Admit it because, and don't admit to anybody, admit it to yourself. Do you know people do not have truthful relationship with themselves? Are you aware of it? Forget about somebody doesn't have relationship with me or somebody has relationship with you, all this gimmick, but people do not have relationship with themselves truly. So what happens?

When you are young, you are pushed to a certain point of studies or acknowledgment or work what the environments are, you reach certain stage in the middle age, you have a certain status and after that your rest of the life. It starts at forty two. Sixth level of consciousness, forty two. You start living excuses. It's not your old, after forty you don't become useless or old and all that, this gimmick which is going on, these are all excuses. If you are experienced, and you are wise, and you have a cross reference, and you have a cross wire and you can be you, it's so enjoyable a life, it's such a happy life, that there is nothing you can be worried about. So what's your weight? What's your gravity? How much somebody should respect you and follow you and trust you? How long you can last? Everything is a business. Friendship, relationship, you are a mixture of lot of things. When there will be heat every other matter will leave, gold will stay. You know that theory? And it will never change its gravity. That gold in you is your cross reference, your capacity, your density, your beauty, your joy, you can say "No." And you know how much it can increase? You can say "No" to God. It will look joke to you. But it's true, and human history has recorded evidence where man said, "Umhu, no" and God agreed.

You know the king got very uptight with Kabir, he said, "I am going to mess this man up, because he is a born Moslem, he talks about Ram, that is Hindu, his messing me up." So he decided he was sitting on a deer skin and meditating. So he tie him up with his deer skin, bundled him up. Put a huge boulder with it, stone and ordered about two hundred men to carry it. That's how heavy he was. So they put the whole thing, tie him up, because the boulder was very heavy and he said "In the middle of the river dump him." King was supervising. Kabir was dumped. There were millions of people watching it. No bubbles came, nothing happened, they were very shocked. Finally they found the big boulder coming up the river and Kabir sitting on the deer skin, meditating and everybody couldn't believe it. Can you believe what happened to the king and everybody? You can imagine yourself. Then the big boulder walked towards the shore, Kabir got out, put his deer skin on his, then people started touching the deer skin and him and he was wet. Because he was really in the river.

Some men have defied the law of nature because their nature has become the law. And that is who can practice cross reference. And that's your strength.

You know I was reading those days notes, every woman after seven years come out to be new woman. She changes. Her consciousness changes, something like that she is seven year old, she wants to be one day be married and have a family, it's a thought. Fourteen year old, she like to have a man. Twenty one year, she has a man. After twenty eight years, she becomes a mother, she is for children. And after another seven years, she is for the family, man comes somewhere, God knows where. So man start fighting, forgetting he is also change every seven years. So, they call it seven-year-itch. Both get it. But if the woman

knows that she was a woman first and man knows he was a man first and they got married, then they become parents and they become householder, they..... If you give status just, just step by step, just minute by minute, just inch by inch, you will never suffer. If duty is that of a woman, and confrontation is that of a mother, you better deal it as a woman first and mother later. Eighty percent of our children are ruined by parents. Eighty percent. Because they give them long rope and long release, finally time doesn't give it, society doesn't give it, nature doesn't give it and they start a practical misery.

I was dealing with parents that day and one of the parents was not willing to admit there is anything wrong with their child. So I say, "Come and see it." So we saw it together. Now just understand this conversation.

"Hmm. You are my father, so you have come to see me. Okay dad, you have seen me, now you can go back."

And I said, "Wait a minute, this is your son?"

He say, "Why he is doing it?"

He say, "He is not here. His body is here, he is not here. But what will happen?"

I say, "What will happen? Who cannot deal with his father as a father, how he is going to deal with books as a books, how he is going to deal with life as life, how he is going to deal with food as food.?"

Whenever you cannot face the reality of life, you switch gears. Either you get to your elementary and get totally depressed or you get your professional, totally become egomaniac, or you get your fantasies and totally space out. Because you are, you are three people. You are never one, you are a trinity. And if you don't leave the cross reference, and you do not have the capacity being a, having a cross fire to smooth yourself out of the trouble, you will not make a sense. It's very painful that your pain is caused by you and faced by you.(19,27)

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This is your last minute. Move harder. Thirty seconds.

Inhale deep, keep moving, keep moving, inhale deep, hold the breath and keep moving. This is the most positive movement. Hold the breath and move harder and faster. Breathe out and breathe in. Then move, really. Breathe out and breathe in. Come on now, try, I am not going to give you another situation. Hurry up, hurry up, hurry up, hurry up, hurry up, relax. Done deal. Ha.

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Now comes the D-day and I can't give you a rest. So, this is how it is folks.

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Cross, cross, cross, cross, crisscross, crisscross. Forty five second, faster, harder.

Could you understand you have only twenty seconds left and you have to do forty times in these twenty second at least to pass with honor. Standby, inhale deep and keep doing, faster, harder and faster, try your best, circulate the magnetic energy throughout the body to every tissue. Exhale and inhale, keep doing, don't stop. Exhale and inhale. Cheating, hold the breath, move. Exhale and inhale, hold tight. Now you have to go straight ten seconds, whether you like it or not, hold tight, move, move, move, move, move, move, relax.

Macho .

Now you can sing the National Anthem, but just sing anything, you have won. This energy will be with you for a long time and you have to do something very careful. That's why seldom we do this kind of exercise when you create your own magnetic field, it can do one thing. It can react to all other living beings' psyches. So, be careful when you drive and careful when you walk, be

careful when you work, careful when you open door, anything which while moving you move, be little careful. Because you are very attractive. You don't believe it, ha?

Once we did this exercise then we just opened a door and somebody was just trying to press the lever and press the lever and finally I realized and I said, "Door is open." just do it more, it was nonstop exercise. How much you can you know, press the door and just once you do it, then lever opens and you can..... That's what I am trying to explain, you will experience those things.

Original power of the person is not ordinary and whenever we believe that we ordinary people, it's not true. We are very extraordinary. We all have a very unique power and it will stimulate in you your own uniqueness, it's not coming outside. It's amazing it can trigger things which you have never understood or done before. It will be a fun to watch you growing. And it'll be good to advise you to teach your children now all what you are learning as parents, so when they grow up as their own, you may not have conflict them. If you will become a teacher of your child, relationship will be everlasting. It will become parent of your child and first eighteen years you have to depart. End will come.

Do you hear what I've said? You have the natural right to be parents, but if you create the relationship between your child and you as a teacher and student, that relationship will last forever. Otherwise every child has to become adult by his own right and has the right to walk out of the nest, which you don't like. But school of philosophy and love, nobody denies. Is that clear? And first you become teacher to yourself and then soul shall leave and redeemed, peace and tranquillity and as one with God. If you become your own teacher, all of you, prosperity will be there, good things will come to you, good ideas will come to you. Because it's all in the magnetic framework of existence. Wisdom is all within you, knowledge is all within you, strength is all within you, nothing you can get from outside. Simply it has to be triggered, and that science to trigger in you the best is called Kundalini yoga, to be very honest with you. Small exercise, couple minutes. Because human vitality is unlimited, infinite.

"Atman o paro purusham Paramatma, naso satya."

Atma is just like that real God and it is true. You always use the power of your head, your power of your heart, use sometime the power of your soul. See what that can do?

May the long time..... (Come on, understood).

(The class sings, "May the long time.....").

YB: Oh Designer, Oh Maker, Oh Guide, Oh Guardian, Oh Energy, Oh Infinite, give this existence the peace, tranquillity, honor and grace to understand and then to live in that understanding for happiness. Sat Nam.

All right folks, tomorrow there is a program which I explain to you. We are leaving about, what time in the morning tomorrow?

Student: 7.45

YB: 7.45 in buses, to Baker's field. There is a Indian community, the Indian Sikh community has opened up a school and they will, they are naming a road, it's a kind of people who have never gone out of LA, it's a excursion, and hard factual exercise. But like to go height three hours from here just to have a dip in those sulfur waters, it's not bad idea to go to this great country which is two hours from here, almost and we are going to go there to inspire them and they have requested. These are very rich people. It's true. But they do no know what they can do, have done, is sophisticated, they are very simple, village like peasants and they have just got awakened and thanks to visit of Siri Ram Singh and Kaur, and it just woke up to something. "Wow" they said. So they have come here with us and brought the kids and finally we have asked them to open a school, they have opened a school, and now we are going to visit them, so they have asked you to come. tomorrow, so we will be leaving almost eight o'clock and we will be back by the evening and it is Mr. Nadir Singh and Swarn Kaur, which are our host and they have invited all their local political people and other visitors and dignitaries and etcetera, etcetera, etceteras. And you might be very lucky if you go with us, because then you will forget your problems and you will hear theirs.

Thank you very much, God bless you and good night.

Address is here, if anybody wants it.

Life is a , oh, you and your flowers, what a.....