

[NM344 A00424 Mind and Mentality I- The Subconscious](#)

April 24th, 2000 - Espanola, NM, USA

#NM0344

We have lost our personality in the name of civilization. Mind and mentality have become shallow. Our personality decides our priorities. If we knew each other's priorities there would be no difficulty. But our priorities are deeply personal. They come out of fear, not out of love. When you fly, you must fly using the opposite wind. Similarly, when you have opposition, it gives you the personality to prioritize and face it. Your intuition automatically does it. But if you become afraid, it does not work.

Love is your fantasy to be liked. Love comes from the first hug your mother gave you. You are still chasing that hug even today, and you will keep on chasing it until your grave. Because the one thing you will never know is your mother A mother is nothing but a hug, and a hug is psychic flow. It is that mother who turned her blood into milk, and that nipple which you sucked, which is as alive as it was the first day. It has never run away. Deep in you is that imprint of that psyche which can never leave you. You seek that hug, because your love grants temporary safety from your own insecurity.

The mind cannot be cleared without meditation. In meditation you calm your self through a posture of energy and will. All subconscious negativity starts flowing. You are chanting, "God, God, God..." thinking, "that girl behind the tree—I would like to sleep with her," "...God, God, God." This is your subconscious thought which you do not want people to know. In this, "God, God, God..." you are pretending to be spiritual. You are trying to impress people. It is your baiting game.

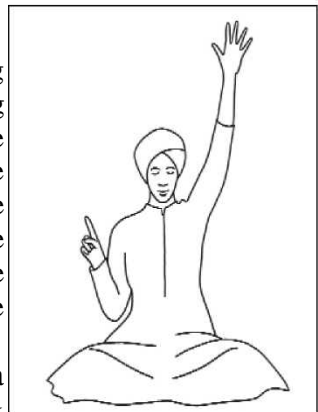
You know three things: Baiting game, dating game and rating game. How many of you have ever spoken truth on a date, "I am an angry, dirty piece of nothing, but will you marry me?" Instead, you are seductive, "I had a dream. An angel told me that I should be with you..." Or you play the rating game and think, "She is getting old. She is getting all these wrinkles." Some women think of divorcing at the top of their husbands' careers, because they seek the independence which they sought from the very beginning.

Mind and its mentality are one of the most secret things in this civilized world. You never let anybody know the mentality brewing within your mind. Meditate, clear out the subconscious mind. You will save yourself from a lot of pain, shallowness and errors if you give yourself a chance.

MEDITATION - Deepen Your Personality

Sit straight in a cross-legged position. Raise the left arm up straight, palm facing forward, fingers spread. Bend the right arm with the elbow down, forearm facing forward. Point the index finger upwards and hold down the other fingers with the thumb. Eyes are focused at the tip of the nose. Chant in a monotone HarHarayHaree, Wah-hay Guroo moving the right forearm from side to side, like a pendulum, in rhythm with the mantra. Continue for 11 minutes To end, inhale deeply, stretch the spine, tighten the right index finger like steel and spread the fingers of the raised left hand. Give your body a rest from the inflow of the psyche and the energy of the nervous system. Exhale. Repeat 2 more times. Relax.

In this meditation the posture creates a balance of energy and enables a mental and physical body adjustment. The mantra is composed of the six sounds of the tip of the tongue. Hit the upper palate with the tongue on the "r" sound to stimulate the hypothalamus and the thalamus. The secretions of these glands control personality, emotions and feelings.



Audio 15 minutes



NM344 A00424 Mind & Mentality I

<https://www.libraryofteachings.com/lecture.xqy?q=all%20sort:dataAscending&id=8cb91feb-7a03-2699-3d3e-77da278f9ad8&title=Espanola-Lecture>

Location: Espanola, NM

... The subject today is mind and mentality, mind...

Students: And mentality.

YB: The personality which we have, personality which we have it decides its priority what is important for us and whatever is our priority and we decide, nobody knows. If every priority wife chooses and husband knows, husband chooses wife knows, brother chooses brother knows, daughter chooses mother knows, neighbor chooses neighbor knows there will be no difficulty on this planet. Our priority is very, very deeply personal and it comes out of fear, priority never comes out of love, you want to know that, priority...

Students: (----).

YB: Never comes out of love it, comes out of fear. If it comes out of love there is no priority because moment you love you have no jurisdiction, you have no territory, you have no limit, you are unlimited. The kind of love you discuss you know that is not a love, that is your emotional expression; 'I love you, you love me,' who knows, you have priority, I have priority.

You know when I came to United State we had a necessity to get out of a mess and I decided that we should buy some commercial building to start yoga because it was very difficult to teach in a garage and everybody was getting uptight, corporation, inspector, this, and that. So we found a building and we bought it, I remember I think I have some money about eleven, ten thousand dollars so we paid not that it was required to be paid, what was required to be paid was about two, three hundred dollars those days, so I paid the half of the price I think little less than that and there were three hundred dollars to be paid every month, three hundred dollars...

Students: (----).

YB: All of a sudden ten student line up, "is it comes to ten dollar a month, we'll pay it."

I said, "Okay, what I have I have paid you can join in, it is all right."

So what was required to be paid? Three hundred dollars.

Students: (----).

YB: I am getting it today, you know what I am saying, I am getting it...

Students: Today.

YB: As ten dollar a piece, I learnt.

Then I tell you something. These are things which are on record. We were sending money regularly by check so the man who owned that house did not deposit that amount with the Escrow money; owner did not. So we received a notice we have not made the payment therefore house is for closure. What is this? I called my attorney, I said, "Check it out." He went through the Escrow company he said, "What are you talking about, you have been regularly paid."

He said, "No we have not been paid, you have not paid for a long time, we send a reminder, we send a double reminder, we send you a registered reminder."

He said, "Yeah we have received a registered reminder, that's why we have come, how far you can have a closure."

And because the ashram was air-condition so there was a some loan, so they have to inform somebody who has to loan so he informed us, then we check it out and we went to the corporation of those people, he said, "We have been paying."

They said, "No you are not being paying. "Oh by the way today 12 o'clock during the day it is cut now it is 2 p.m. already closure is in effect."

My attorney got mad, he said, "Wait a minute we have checks, we have the copy of the checks."

He showed the copy of the checks, you know what happened, they kept the checks, never put into cash for six or eight months I don't know what the time was and when the man was contacted you know what he said, "Oh my wife misplaced them." She was misplacing it regularly.

You know what I am saying? Then we investigated and we found this man is selling properties regularly on those basis. So I was asking while watching a movie on a TV, "What happened to the Americas of forties and Americas of the fifties, and when people used to go, and dress, and dance, and eat, and come home, and loved, and kissed, and hugged, wear proper dresses." Now if you don't bare a pant which has about three windows...

(Students: Laughter.)

YB: You are not modern. If you are a hippie, you have ponytail which is not combed, if you are a yuppie you have ponytail which is very properly combed and it has some that girl string what they call it little thing?

Student: (----).

YB: Hair tie whatever it is, now they have not done it with a big flower type of thing but it is just, just that.

Spiritual teacher is a conman, charlatan, he is after your money, and he only lives because you serve him, though he can buy you all in a auction that doesn't make any difference but you know, he has no personal respect, and a grace, and this, that, you know what I mean. So thirty years ago I learned a lesson I shall ever never depend on a student, or a association, or a friend. If I have to teach in this country, I am talking to you all those who are trying to become a teacher in the future. You have to have a priority that you have to have a personal graceful living. Personal?

Students: Graceful living.

YB: Guru Nanak says to the yogis to Pagandharnath who was one of the lord of the Nathas, highest spiritual man of his time;

'Jinne tu updisiya tinnie kay ghar mangan jahie'

Those who are giving, you are giving advice to or teaching them you go to their house and ask beg for money?

There is no harm in begging if you choose, I mean to say, I am not against any religion and some religion does teach you begging and they do spread that baskets, you know what I mean. I made that day a decision that I shall never in this country so long I live and teach will depend on anybody. That's I pay my regular income tax if you happen to know that, you will all will faint because I have no deduction, but I have not forgotten the grace and the greatness of those who made Wahe Guru chew with hands and wrapped it, I had a knowledge.

You remember those days when we used to boil yogi tea and serve people and we used to print the formula to give it to people right, I found out people are never going to drink yogi tea and they love to drink wine, alcohol right and their liver will never work neither their projected hemisphere will ever work, I know that as a scientist, so what to do. I have to make them drink yogi, so I found out this is a pill country. So we have brought now yogi tea concentrate.

(Students: Laughter.)

YB: Idea is we sell yogi tea anyway, it is not bad situation but we know that entire Chinese medicine is based on teas, you follow what I mean and tea is not only a tea, tea is a herbal, oh I can't say medicine then I am claiming something. Tea is a herbal health supplement, you understand what I mean. How fast tea affects? Tea effects in three minutes. I may not live but I have brought you yogi tea. If you take yogi tea cold at night make it and keep it in a freezer or refrigerator, whatever you call that box and in the morning take that glass and sip it and drink it. Within fifteen minutes you will be a new person, within fifteen minutes five, five, five. It is not a formula which we made it yesterday, it is about three thousand years ago.

Today was a very fortunate day I read first time in my life, I never read twenty-five pages at a stretch, never, since I am born, but today I decided and I did my prayer, and asked Gods in location that He give me a strength twenty-five pages

against me, written very nicely and I said to myself very nicely one thing, I said, "If I am that bad as this paper say I have done a wonderful, I am extremely successful."

'Haie badaie mufalaf tera shukriya teri vajasae hum par vas baitai haie'

Oh opposite winds I am grateful to you because of you I can fly so high.

(Students: Laughter.)

YB: Once I saw my plane coming from the south end of the city but it took a whole turn to went to north city and it landed. I asked the students, I said, "What is the matter?"

He said, "It has to land in the opposite wind."

And you know when you fly you fly by the opposite...

Students: Wind.

YB: So sometime in your life when you have priority and you do not include... More opposition you have it give you a prioritized personality to face it and it is automatic by your intuition but if you get scared, afraid, then it doesn't work. Opposition is not a bad idea.

If you want to know me in any way I have said something that if you take peanuts, peanuts shells, and with peanut shells you make my living full size statue that many scabs I have got of the wounds which are done to me by my friends, you forget about enemies because there is nothing I can do to help it. Truth is very small.

Now speak after me in a simple words; God is or God is not.

Student: God is or God is not.

YB: You are all wrong, God is you should not have repeated God is not.

(Students: Laughter.)

YB: Yes or no?

Students: Yes sir.

YB: God is or God is not.

Students: God is.

YB: God is as I know Him or God is as you know Him.

Students: God is as I know Him.

YB: You know Him, not me.

(Students: Laughter.)

YB: I know what I know, you know what you know, we know what we know truth is of three spaces. One is what I know and you don't know, what is I know and you don't know, other is what I know and you know, and third is what I know and you know, or I know not and you know not but it is. We are here or not here, I want to be here or not here you don't know but you know I am here and you are here. right.

Students: Yes sir.

YB: Is that true?

Students: Yes sir.

YB: Third Espanola is Espanola, whether you like it or not.

(Students: Laughter.)

YB: So every truth has three dimensions: your truth, my truth, our truth, and the truth. People say, some people brainwash anybody, he is so wonderful you should pay that guy who wash your brain. If your brain is that dirty and needs to be washed why not? Then why you follow? You don't follow because you want to follow, you follow because you are in fantasy of a hope. What is a love, you know what love is?

Student: (----).

YB: Fantasy to be liked. You know what love comes from where? Anybody give me a source of love. Come on, God don't use that word.

(Students: Laughter.)

YB: No, God has nothing to do with this love business, come on.

Student: (----).

YB: Aah?

Student: (----).

YB: For what?

Student: (----).

YB: So many goats are crying for it.

(Students: Laughter.)

YB: You sacrifice and sacrifice and sheeps, and goats, and personal relationship, and you loved one for the sake of your emotions, forget it. Where loves comes from?

Student: (----).

YB: Aah.

Student: Selflessness.

YB: Then what, what is the need of love selflessness matter ends. Why we love? One hundred dollar cash.

(Students: Laughter.)

Student 1: For heart.

Student 2: Insecurity.

YB: Today I know if I win thousand dollar you are not going to find it, I know that.

Student: (----).

YB: You want to get some money?

(Students: Laughter.)

YB: Where love originates?

Student: (----).

(Students: Laughter.)

YB: Hallelujah.

You know love is from that first hug your mother gave you and that hug she said, "Oh my child." You are chasing that hug even today, you are chasing that hug today and you will keep on chasing till your graveyard? Do you know one thing you never know is your mother, you know why? Because mother is nothing else but a hug, she is a not a sexual chemistry adjustment. You follow what I am saying? No you don't, you don't want to hear me, I know.

Student: (----).

YB: You don't want Yogiji should speak certain things.

Somebody told me, "I come to your lecture God such a distance, I drive from Albuquerque, I come to your class, you are so fantastic, you speak such a truth, and then you started telling certain things I don't want to hear."

I said, "Do me a favor."

"What?"

I said, "Don't come."

(Students: Laughter.)

YB: I am not teaching for the sake of people come or not, I am teaching to offload out of me all what I have, to lay it for the age of Aquarius so some people will study them and understand them, and walk into this new age which is twelve years away, so that they can experience God within themselves.

So what is the subject today?

Students: Mind and mentality.

'Maan baachan karam'

Maan baachan karam, Ida, Pingala and Sushmana, Ida, Pingala, Sushmana.

Students: Ida, Pingala, Sushmana.

YB: Positive, negative and neutral. Do you see all your household things have two, two lines but all powers lines are three, you know that? You run Hoover and you run this and that, it has three plugs and other ordinary thing is two plugs because there is a neutral line. Maan baachan karam, Maan is mind, Baachan is your word which is suksham, which is subtle, and Karam is your action, two things we see. That's why you follow men than the Shabad, the subtle Guru, the Siri Guru Granth all that, you don't want to follow that. Men you want to follow because you can see, you can feel, and you don't see these men going to bathroom, you think they are pure. With pound a half shit in their belly, and half a pound of urine, and about two pounds of mucus you know 'oh he kissed me,' what it is got, it is a mucus exchange.

(Students: Laughter.)

YB: You follow what I am saying? But let us come to the reality what is it, but there is a feeling of the union of the membranes which represent the subtlety of our chromosomes into self of the blood cells in the chemistry of neutron, electron, and protons of our own atomic energy is the psychic flow, it is not a hug, it is that mother who turn her blood into milk and that boob which you suck oub, oub, oub, still is with you as alive as it was the first day, it has never runaway. Deep in you is the imprint of that psyche which can never leave you. So mind cannot be cleared without meditation, mind cannot be...

Students: Cleared without meditation.

YB: And what is, what is meditation? You calm yourself in some posture of energy and the energy will start flowing, all subconscious negativity will start flowing. You will say, "God, God, God, oh that girl was good God I should have kissed her, oh no, no, God, God, God, God, she was behind the bush, I should have raped her, God, God..."

(Students: Laughter.)

YB: No, no these are your subconscious thoughts which you don't want people to know. This God, God is your bullshit, there is no God, God, you are pretending to be spiritual, you are trying to impress people, it is your baiting game. You know three things, baiting game, dating game, and rating game. What did I say?

Students: Baiting game, dating game, and rating game.

YB: You rate everybody; husband rates wife, parents rates children, children rates their parents, God, is there end to it? There is a constant, constant, constant judgment, constant. Yeah? And you have dating game. Do you have, how many of you, raise your hand, who has gone on dates? Come on, you liars, come on, come on, I know you in one time another you all have been in this game. Now you want to act as holier than thou.

(Students: Laughter.)

YB: How many, sincerely and...

(Students: Laughter.)

YB: And how many on a date have spoken truth?

(Students: Laughter.)

YB: How many on a date spoken truth?

Student: (----).

(Students: Laughter.)

YB: How many have spoken, 'honey I am a angry dirty old piece of nothing but I don't know why I am going to marry you or love you and why I have come and brought you here, but will you marry me?' Have you, have you anybody has remember these kind of stuff?

(Students: Laughter.)

YB: No. 'I am beautiful, you know once upon a time I was this, I was that,' you paint those beautiful pictures no, yes.

Students: Yes sir.

YB: And then there is a baiting game, 'hi (?), I really love you, you know last night I had a dream, you came to me and angels were telling me, I should be with you.'

(Students: Laughter.)

YB: You are such seductive good for nothing you can't believe it, then you start rating, 'she is getting old.'

(Students: Laughter.)

YB: 'She has got all the wrinkles now, I got to look something.'

You know in one marriage I counseled, I asked her, "This man doesn't do anything wrong, what is so much against him, you know what's real thing?"

We sat three weeks you know, I never counsel somebody more than once, it took few minutes, read the aura, say it, out, go ahead do what you want to do. Three weeks again, and again, and again, one day I sat down, I said, "Just tell me what is wrong, honest."

She said, "Can I talk privately?"

I said, "Sure why not."

"On every Sunday he takes me to church."

"Do you go?"

"Yes."

"You are friends?"

"Yes."

"Do you socialize?"

"Yes."

"You go after lunch?"

"Yes."

"Then what is wrong?"

She said, "I hate it. The only way I can tell him I don't want to go to church or divorce him."

I said, "No that is not sure, there is something else."

She said, "Now he is rich, he is going to get old, now I get fifty percent, it will be good for me, and later on it may not be."

I said, "Hallelujah."

You know some women feel like divorcing you when you are on the zenith, you are top of your life because they seek that independent which they have sought from the very beginning. They remain with you for all these years and all of a sudden something happens.

I remember once we used to have a (?) factory remember and there was a general manager for it, and his wife thought the factory is in his name, it is his ownership right, she filed for a divorce, all of a sudden, the guy came and (?) you know and later on she found out factory doesn't belong to him at all. So he had total seventy-two dollars, so what is fifty-percent of seventy-two dollars.

Students: (----).

YB: Aah?

Students: (----).

YB: He gave a check. So this most civilized world we are living in has one thing most secret.

Side – B

YB: Most...

Students: Secret.

YB: That is mind and its mentality, you will never let anybody know what mentality your mind is brewing inside you. You can save yourself from lot of pain, lot of shallowness, lot of wrong, if you give yourself a chance. Meditate, get the subconscious out, then you won't do one thing you will not like to hurt anybody. Mostly your loves is to seek that hug and your love is for it give you granted safety temporarily from your own insecurity. Mind and mentality we will continue, we will...

Student: Continue.

YB: Because I like to let you know how this swinging pendulum called mind plays its dating, baiting and rating game on you, so you should know before you get into the mud whether your feet can take it or not. Never blame anybody because there is no fun in blaming others, you must claim your own righteousness.

All right now let us meditate [11 minutes], hold this right hand like this, and please hold your left hand straight high, now you are creating this balance of energy, this... These exercises are not anything which you like or dislike, these are just to create a mental, physical, and body adjustment, this hand straight, all five finger straight and this hand here, and could you play the tape Har, Harey, Hari, Wahe Guru, on the end you sound that word with your tongue, Har Hare Hari Wahe Guru; there are only six sound which your tongue can do with the upper palate and stimulate the hypothalamus and thalamus. Hypothalamus and thalamus control your personality, emotions, feeling, oh that is whole medical thing you can read in book, got it. All right set, and go.

Students: Chanting 'Har, Harey, Hari, Wahe Guru...'

YB (Over chanting): Sing, sing, sing.

Concentrate, put your eyes on the tip of the nose.

Move, move the index finger.

(The chanting stops.)

Inhale deep, and take the spine and stretch it so much as much you can do, and the five fingers we are supposed to open, open them and one finger, index finger make it like steel, breathe out. Breathe in again deep, and do the same, give your body a rest of the inflow of the psyche and the energy within the body of the nervous system of all three lanes, breathe out. Breathe in again and do it if you have cheated on two times, do it hard, see if that works, relax.

You know you don't understand this little finger right, this represent Jupiter energy in you, this represents Saturn, this represent Sun, and this represent Mercury, this is your Id right, this is this whole big mount is Venus, that is Moon, and all this is Mars in-between, you know when you meet hand with each other like this little finger can (?) you feel different. You should have been taught all this when you were about four, five year old; how to shake hand, how to meet anybody, how to say things, how to move your tongue and lips, how to look, these are called handicaps and they create variance in the body, and then communication in the inner ear when it is not supported by supplement force of the body it is not felt deeply. You keep on saying, 'I love you, I love you, I love you,' but one good bear hug when crunches the whole ribcage and you know, 'I love you,' you can't even say it, you are in that tight position but it is heard inside out, you know what I am saying, but be careful, it does turn into a sexual harassment.

You know, there is a case going on, this guy had a eye trouble, this lady sued him that "he winks at me all the time."

(Students: Laughter.)

YB: That guy had a nervous defect.

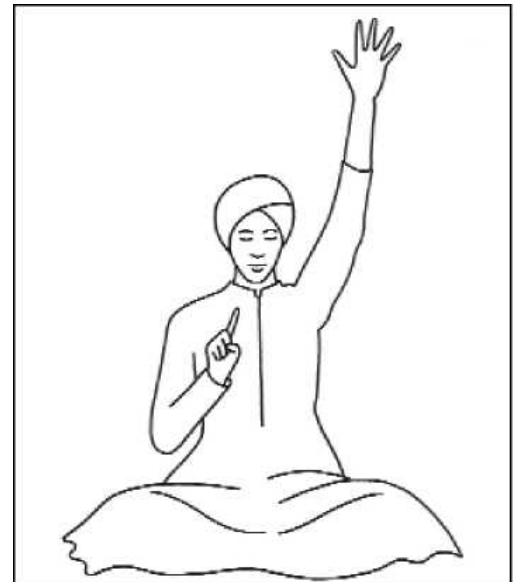
(Students: Laughter.)

She said, "This guy is so bad he winks at me all the time."

Yeah, if you see in the punitive damage she has claimed, you can buy half of Espanola with that. We are most civilized nation on the earth, in two hundred years we have polluted our country, in the name of civilization we have lost our personality as people. Mind and its mentality has gone shallow rather than deep, our tolerance has become zero.

I'll be meeting again tomorrow?

Students: Yes sir.



YB: So I'll oblige you with the class tomorrow at 8 p.m. Meanwhile there is no birthday today and there is no cookies right, so let us do quick may the long time sun shine upon you, all love surround you...

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

YB: Hey you fall in my trap look at you guys.

(Students: Laughter.)

YB: Put the tape on, no, no, no, no, no...

('On this day...' tape is played.)

YB: Come on boys and girls. Sing, sing, sing.

(The tape stops.)

YB: May you live by the grace of your own virtues, may you find your own peace of mind, may you understand the God within you as a perfect lord has created you as the best of Him, may you know you are in the image of lord God and as God is universal and everywhere, so you are supposed to be from the finite to the infinite, see God in all, and spread your values and virtues and share with others so you can have beauty, bounty, and bliss. May you understand that sooner or later your shoulders have to carry the load of the age of Aquarius and you have to walk tall to hail the Guru and heal the people and may Guru Ram Das guide your gracious self into your fulfillment and your elevation of your excellence. May this day bring that change so your tomorrow can be virtuous, Sat Nam.

Students: Sat Nam.

YB: Hey you guy worked on that part of the university we are opening right, yeah Gold House, that's it, just one Saturday. Hey we are going to all work and make it to look like it is worthwhile, all right.

Where is Jethadhar today, he is missing, he must be working.

So Dev Murthy, we have to continue to make the grounds very beautiful, when they are working on the building sooner or later we have to inaugurate and start people learning in a university system. It is a real service to all of us and therefore we all have to participate, you got it.

Students: Yes sir.

YB: What else? There are no cookies, you got to go home, class is over, now what you want to do now?

(Students: Laughter.)

YB: No, no, no, what you hate me.

(Students: Laughter.)

YB: Oh you are scared of me, I have never bitten a child yet.

(Students: Laughter.)

YB: Oh my God, everybody (?). You think we don't know how to do this? Hey it is in every human being to do the drama understand, no drama, karma, yeah. We should manifest birthday.

(Students: Laughter.)

YB: So children at least can get cookies.

Yeah, hello, how are you, how are your parents?

Student: (----).

YB: How you know?

Student: (----).

(Students: Laughter.)

YB: Aah, you see them, you don't feel them? See them, feel them, know them, understand them, and investigate, do everything, charity begins from home. Who is your mother?

Student: What.

YB: Who is your mother?

Student: (----).

YB: Where is she?

Student: (----).

YB: Where back?

Student: (----).

YB: Oh yeah, she looks happy to you, good, thank you.

(Students: Laughter.)

Class clapping.

YB: Now teach your children to stand their grounds, takeaway their public shyness, make them extremely social and strong, give them chance that they can dig in. Oh yeah.

(Students: Laughter.)

YB: No I am not going to say anything, I am just mischievous. God willing we'll meet you tomorrow.

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