

# K.R.I.Y.A.S. 55 P. 117

## LA035 780510 MEDITATION ON THE INFINITE ONE GOD

### **General Position:**

Sit in easy pose with a straight spine.

### **Hands:**

Men place the right hand on top of left hand with the right thumb in the left palm and the left thumb crossed over the right thumb lock the thumbs. Both palms face down, the remaining fingers are extended and joined and the hand position is held at the throat level. For women the left hand is on top of the right hand. The left thumb is on the top of the right hand. The left thumb is in the right palm and the right thumb is crossed over the left thumb. Everything else is the



### **Arms:**

Extend the arms straight out in front of the body parallel to the ground. Bend the elbows and draw the forearms in to the chest until the hands meet at the level of the chest.

### **Legs:**

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

### **Breath:**

Deeply inhale and completely exhale as the mantra is chanted.

### **Eyes:**

The eyes are 1/10 open.

### **Mantra:**

Chant the following mantra 16 times in a monotone voice as the breath is completely exhaled:

WHA HE GURU Each of the 3 sections of each line of the mantra is chanted with equal emphasis, "he" is pronounced, "hay". Be sure to chant all 16 repetitions on only one breath.

### **Mental Focus:**

Focus on the breath and on the mantra and be sure the entire mantra is chanted in one breath.

### **Length of time:**

Practice this meditation for 31 minutes.

### **Comments:**

There are 3 conditions that affect this meditation:

1. It must not be practiced if you have to go out as soon as you finish. allow at least two hours.
2. It must be done in a very safe and secure atmosphere. Don't practice on it sloping or shaking ground. Be in a safe familiar location.
3. You must have something woolen to sit on. If this is not possible, then sit on a piece of wood.

The above conditions are safety precautions because this meditation very definitely affects the electromagnetic field, the body metabolism, and brain wave length.



LA035 780510 Meditation On The Infinite One God  
Location: Los Angeles, CA

Students (recite) (low voice): Wahe Guru, Guru Ram Das Guru. Guru, Guru, Wahe Guru, Guru Ram Das Guru. Guru, Guru, Wahe Guru, Guru Ram Das Guru. Guru, Guru, Wahe Guru, Guru Ram Das Guru.

Student (low voice): Wahe Guru Ji Ka Khalsa, Wahe Guru Ji Ki Fateh.

Students (continue to recite) (low voice): Guru, Guru, Wahe Guru, Guru Ram Das Guru. Guru, Guru, Wahe Guru, Guru Ram Das Guru.

YB: Somewhere in the unknown California, I find this peaceful cow sitting like this.

(Students laugh)

I brought it. It was very peaceful.

Student: (-----)

YB: Good.

Today is a very difficult subject; you have to go very slow with me. Try to catch me up, if you can. I'll go slow, in case you don't understand, raise your hand, catch me up, I'll explain it.

There is a one word known as satisfaction. Satisfaction is the source of happiness in life. Any person, "Any person who seeks happiness has to be satisfied." Satisfaction is motivated to be a person, to be a human being and to be anything in your own life you want to deal with. It's highly essential that you must inherit satisfaction. As a child, you need to be satisfied child. As an adult, you need to be satisfied adult. As a person, you need to be satisfied person.

But does this satisfaction come to you from food, permanently? No, it comes to you temporarily. Does it come to you from sex? No. It comes to you?

Students: Temporarily.

YB: Temporarily. Does it come to you from friends and from power? Temporarily yes, permanently no. You require in you... Do you be satisfied from your children? No. Are children satisfied? You check any relationship in this life, you can have temporary satisfaction, yes, permanently no. What is the reason of it? And is it that without permanent satisfaction you can be satisfied? No. So, what is missing in our life, which make us ultimately unhappy? What is missing in our life is our interrelated communication. I must know how I can talk to myself. And what is myself? Myself is not this body, not this person, myself is my consciousness. I must know I am conscious, I must know that I have a standard consciousness and I must be alive all the time that I can communicate with my own consciousness. And vice versa, my consciousness should be in a position to talk to me.

Now, in our life, we do not establish this relationship. Whether you are rich or poor, but you are not a religious man. You can pretend to say so. You can say so to befool yourself and you can befool everybody else. It is called interior motivation. Your motivation is to look people, 'I am very religious.' You can look, wear religious, wear religious clothes, you can talk religious lot of time, you can wear religious things, you can go to a Synagogue, you can go to a Church. You can do all these bogus hypocrite things. But there is a one place in your life, until you won't satisfy that, you will not find anything about God. And that is your own consciousness. And that consciousness has to be your superior self, to which you must be responsible.

God doesn't exist anywhere. God must exist in you and you must be in a position to communicate consciously with that consciousness now and forever. If you look like a saint and you don't live like a saint, you are not a saint. If you look like a human being and you do not live like a human being, you are not a human being. And this is the tragedy of the human race.

We had so many wars. Millions of people have died. There is a terrorism, there is a law and order problem today, there's a poverty and there's a richness and there is a religious fanaticness and religious looseness. That all goes together.

Why there is so much trouble in the human race today and why it was not yesterday? Because today there is a much more hypocrisy than it was then. In the olden times, people were innocent, people were religious, people knew little, therefore they lived little and they understood little and they, whatever they understood, they lived truthfully to that. There was a tribal law. Religions were just like tribal laws, it was told, they understood it, that's it. That was their world. Today, the world has come into the palm of the hand. In every living room world comes anytime, telling you everything. Now, question is that the world has become big for you and you have become little for the world. You have to understand to establish a communication between you and your real self, that is your communication. Communication with you and your real self is what communication. It has to be two-way communication. You must know your consciousness and talk to it and your consciousness must talk to you, all the time.

Now, what is your problem? You want to go out and learn from a holy man. You can't learn from a holy man. You can learn from a holy man, what a holy man is, but you got to live it. If you don't live it, then you need not even know it, because then your consciousness will be terrible because you know the truth, but you don't live it. How can you do that? And why you do that? Because you are not afraid of death. You are afraid of death in one sense that you know that you'll be cut down. You do not think that life has a process, you have born, you should die. Your grandfather is no more now or great-grandfather is no more now. One day you have to go as a great-grandfather too and you'll be no more. You are not willing to leave a legend of truth behind you, when you are alive what you are. That's where Guru Nanak said, 'Knowing the truth is nothing, living the truth is something.'

You say you are this. You cannot prove it even to yourself.

In one of the council, a minister told me, "I have lived all this my life as a religious person."

I said, "Can you prove it?"

He said, "I can't prove to anybody."

I said, "Don't prove it to anybody, prove it to yourself. Do you consciously on your own oath you can say that all these years you have lived to be a religious person?"

And he said, "No, I can't say it."

I said, "That's where the problem is. When you, who is a minister or who is a Rabbi or who is a yogi or who is a swami, whatever you want to call to yourself, you live a hypocrite, how the congregation will get it?"

And what is a congregation? All creatures when sit together to unify for oneness of the self, in polarity to the contrast of all other attractions and they consider to the one area of the self, that they are human being. Period, you don't go further than that.

I am a creature. This is how it is, 'I am a creature, therefore, I must know that I am a creature.' When you know you are a creature, then you must know there is a Creator. That one Creator, which created you, me and everybody. Moment you can understand that and live that, there shall be no hatred, there shall be no jealousy, there's no belittling of each other, no pulling of legs, no conspiracy, no deceit, no conceit. All that what is killing us shall be gone. Then A's wife will be A's wife, B will not make advances, because B doesn't want to make advances to him. Remember that, when you cheat some territory, you are asking your territory to be cheated. You only do it that you are not conscious. You only do it, you don't have self-respect. There is no respect when you don't have self-respect.

I remember, once I talked to one gentleman, I said, "Can I help you?"

He said, "No, you can't."

"Thank you." I said. "But why you are so upset?"

He said, "I am upset because I am a failure."

I said, "There's no reason to look like that."

"I don't want to be failure, but I am a failure."

I said, "This is the biggest failure that you have already accepted it that you are a failure."

God never created you as a failure. God created you as a creature. God doesn't know animosity. God doesn't give you something more and less something more. Cause is the cause and effect is the effect of every cause. We want to cause a cause, but we are not ready to face the effect. If tomorrow, you wearing all this beautiful white aprons and the Bana, when you commit something, which is not human, which is not honest, then you will be put to more shame. People will oblige to have the right to curse you and they will feel to curse you, 'Oh my God, look at these guys, look they wear white and look at their dark, dirty deeds.'

Man is not what man says he is, man is not what man pretend he is, man is not man who claims he is, man is man as man lives to be as he is. And you cannot live right. And you are not right, if you do not know how to not communicate to yourself. You must communicate with yourself. Which is yourself? You start walking on the street and start talking to yourself, that is communication? No. You have to have the sense of consciousness that you consciously can know your essence. That is the divine in you and that divine in you can uplift the dignity in you and that dignity can make you radiant and that radiance can make you happy and that is the real permanent happiness, which you all can achieve.

In this country of ours, we are almost two hundred and fifty million people, little less than that. And we are almost in majority we are unhappy people. Not that we don't have income. Our per capita income at this time is third in the world. Other two small countries have little more per capita income.

We pretend and make noise all around the world that we are very religious. We start our life that, 'In God we trust.' But we are so divided that we even cannot understand why. Because we have a great progress made in the mechanism, but not in the mind. Today, every third American is mentally disturbed. And we have to take it as a national statistics. Why it has happened to us? Because we have not cared to communicate to ourself.

I go to restaurant, I see people, 'cha, cha, minute after minute they talk, talk, talk, talk, talk, they never stop. Go in the parties, great people's parties. I have attended and I have seen. I have blessed them and I have walked away. In couple minutes they start drinking, after half an hour, two hour, you'll see the whole thing is filled with noise.

I was a guest of a great American; I respect him very much. But I respect him up to three PM only.

(Student laughs)

I was his guest. And at about five o'clock, I couldn't even stay. They sneak out in the kitchen and they drop on the rock whatever they drop, they came on and I could feel in couple minutes their whole consciousness is changed. But why we have to do that? Because we do not know how to relax. What can relax us? It is our meditative mind; it is inside us, which can relax. We must know how to go within, so that all the without about us can be perfect. Our life and our birth is meant to be understood by us consciously. And this you cannot do it when you are twenty-eight year old or forty-eight year old or sixty-eight year old. You got to learn it; it's within the first eleven years.

What we do to our children? Give them toys; load them up. But we could not give them love. We raise them in a single solitary confinement at night. Remember, when it's dark? Can you believe yourself, putting yourself in the place of a child, who's born three day old and you tug it in a room in couple blankets and switch on the lights. Can you believe you call yourself parents? Can you believe that there are certain children who have never been nursed by their mother? Do you believe that you must not forget one simple situation? We have totally forgotten the institution of mother is the

greatest institution on this planet. Do you understand that our entire race and our future is based what we create today? All these things are supposed to be known by us, understood by us.

We want to buy love, we want to argue about love, we want to reason our love. We do not want to fall in love, endless fall, which has no bottom. We think our emotions are our love, we think our commotion is our love, we think our neurosis is our love. My dear friends, that is all falsehood; that is not wisdom. Wise people know where the heart is and the foolish people know where the head is. Those who live by their head, they have never lived. Those who live by heart only know what life is. Meaning of life has to be understood only by those, who beat with the beat of the heart. Calculated life and commotional life and a neurotic life, has absolutely no meaning whatsoever.

Look what is happening in America today. Do you know how many young people in today, in schools, are drug addicts? Do you know how many serious law and problems are faced? Fourteen hundred teachers are attacked to be admitted in hospital, in one month, in United States of America. Quarter million teachers are attacked in United States, in schools. Are we going there to learn or we have become vagabonds and criminals of the first order? What has happened to the discipline? What has happened to our capacity of learning? What has happened to be ourself? Because at home we are disturbed, we do not have secure environments, we do not have affectionate environments, we have not treated well. Therefore, the children when go to school, they end up misbehaving.

I was surprised to see that day a person. Individually, that person is fourteen year old. He pulled up father's revolver and shot at the mother. They think he's a bad boy. If you analytically understand, it was a commotion which became into neurosis and only develop in less than ninety days in that family. That much we can produce tension, we can produce unpeaceful environments, we can give our children totally a berserk situation.

You must understand, then, when you vibrate wrong, you do not know how to communicate with yourself, you do not how to control yourself, you do not how to establish yourself, you create the greatest problem for the future, that is the coming generation. Children are very sensitive. Children are like mind, innocent. It is like consciousness; the most beautiful thing, you must learn to communicate. And your communication must be a established fact. What you do? In the morning you can communicate, during the whole day, you do not know who you are. This won't work. Life shall not work for you. I am trying to tell you this thing through this chapter of communication and self, that life shall not be happy for you.

There is no way the distraction can give you concentration. There is no way on this planet with a distracted mind you can learn the art of concentration. And without concentration, you cannot know the intuition. Without intuition you are unprotected, because you will never know the sequence and what shall be the consequence.

It is your obligation to live as a full fledge human being. It is your obligation to live as what you posses yourself to be. You posses yourself to be human being, it is expected of you to be human being. It is not that you have to convince somebody that you are a human being, you look like a human being, therefore, you live like a human being. Problem is, you do look like a human being, but you are a commotional, neurotic, absolutely out of the space person.

Your ego is worst than the animal. Animal shall not forget it(his) master; it shall not forget his environments. But you as a human being will bite the same hand, which will feed you. Why you do that? Because you have not reached yourself, you have not communicated with yourself, you have not understood yourself.

What is the problem today? Can you believe how much great problem this country is facing? We have taken our industry to South Korea, we have taken our industry to Japan, we are taking our industry to Germany. Why? Those people as nation can understand the pressure, Americans can't. If this trend continues, watch my words, there shall be bloodshed here, without knowing why we are killing each other. We have done once more in the history; we can do it again. Because you have to have a balance. You must not know only the technology of machine; you must have the technology of mind. If you know how to totally take the part-by-part car, fall apart and reassemble it and you are very good mechanic, fine, fantastic. But if your mind you do not know how to take care of it, all you will end up with a accident. Isn't that so?

When I met that accident, I came out and I looked that woman and she was yelling and screaming.

I said, "Lady, I am very badly hurt, do you give me your insurance number? We have noted car number and you give me the car number."

And all she was trying to yell and scream at me, because our car was stationary and she has hit us in the back so hard. We never wanted anything. All we wanted the information.

"I am very sorry."

I said, "We don't want you to be sorry. You want to eat your peanuts, you eat your peanuts, thank you very much. You go on killing as many people you want to kill. Where it is written that you drive a car and you break the peanut shell and start eating? Are you, are you sitting in your own bed, in your living room?"

That, and she was a schoolteacher.

And then I asked her, I said, "Don't misunderstand, we don't want to say anything to you, because we have to report this accident, please can you give your name, your driving license or some identity?"

"Why you want that? I am sorry you are hurt."

Year and a half passed, I am still hurt. It hurts me even today. Because there was no mind, there was no driving sense, there was no absolute responsibility. And we were totally stationary.

Mind is a most beautiful thing and it needs communication. Any person who does not establish communication with his own mind, actually, makes the mind to go berserk. Mind doesn't go berserk, because somebody made you to do something. You have developed the habit to distract your mind, because your mind wants to talk to you. And you don't

want to talk to your mind; you don't want to talk to you mind, so that you don't want to relate to your consciousness. Through mind you can relate to your consciousness and through consciousness you can relate to your being. That's why you are a human being; you are not a joke. Otherwise, you are just a two legged, totally a emotional, neurotic animal, unpredictable.

And that is the problem, today in this world of ours, we have more pain and less happiness. You have understood what happiness means. It's a long weekend. People go out, drink the beer, do the barbeque, go somewhere, burn the gas and end up fighting between themselves. Why so? We run outside. More we have, more we want. It is just like fire, more wood you put, more flames will come, more wood, go on putting the wood, go on burning it, it's endless. More wood you put, more you'll burn. It is just like ambition, the desire, 'I want to be great, I want to be great.' All I say to you, 'be great human being, with the very little, then you can enjoy.'

Look at me, nine years I have lived among you. Nine years I have lived among you, nine years I have worked among you, nine years I have talked to you. Have you learnt my style? Because as human being we do not do a charisma, there's no miracle. It's a simple honest way to learn. And you have to become learned, you have to learn, you have to work for it. That's why, when Guru Nanak said,

'Dharam dee kirat kar.'

Work righteously; you will live righteously.

Simple directive,

'Nam Jap.'

Meditate and praise the God.

'Dharam dee kirat kar.'

Earn righteously and honestly.

'Vand Chak.'

Distribute what you can spare to those who are needy.

He didn't say give it to a Sikh only. No. He said, 'give to all, who need you.' Giving is not giving a dollar or a money, giving is a help, giving is sweet words, advice, some kind of... even you can give a smile.

Life is not a question; you make it a question. Life is an answer. Those who live and make life a big question, they create and live in totally chaos and problem. Life was given to you as an answer to experience the Infinity of the Divinity of God.

Please remember that you must learn to communicate with yourself. How you do it? You get up in the morning, you sit down, you praise the Lord, you communicate through your mind with the Infinity and you develop the meditative mind. It's the meditative mind, which can bring you the constant conscious effort of self-communication. Self-communication is a virtue and when we say, 'Ang Sang Wahe Guru,' with every limb and part of ours, the God lives.

I am going to give you that simple experiment I gave it to you yesterday. Today I am going to give you another human being experiment, that how huge you are and how each part of you work in relevant to your own area of existence. And for that, well, I have to prove it to you. I don't want you to be dummies. I want you to understand it as a science, how it works, so that you may know who you are. What the hell you always will mean? What you'll give to your children, a blank check, so that they can go and jump into the ocean? You want to retain your children with wisdom not, but with commotions and emotions? Forget it.

There was a person, he once talked to me, "Oh, I have given my son everything."

I said, "You didn't give him wisdom, you didn't give him anything. All you gave him a, just about half a million dollar a year."

That boy can get half a million dollar tax-free every year. His name is Roger. If you can, I can give you about one thousand dollars and I'll take you there, you can break your head for one week, ask, 'are you Roger?' If he say, 'yes.' He's so spaced out and drunk idiot that his father has to apply now the extra security guard to keep him alive, plus two nurses. That's why gift of money can do to you sometime. Life without wisdom is a joke. Joker makes everybody else happy. But you know what a miserable makeup he has to put up? That's what your life is.

You have to understand each part of your body is a (?), valuable, functional process, so created by Creator, that within the inter-polarity, you can relate to your life to the utmost happiness.

One young man, can I have a volunteer? Good, strong male. Female, male, okay, come on. I have not yet still become so modern, I am an orthodox oriental, that is why I just asked a man.

This skinny guy, watch him, I want to tell you certain thing.

How old you are?

Student: Twenty-four.

YB: This is a twenty-four year old, a prime young individual.

(Student laughs)

I know him from a long time, he started with a pretty emotional neurotic, I used to meet him. He's very stable now and quite good boy, guy. God knows how good he remains; I don't know much about it.

Okay. Now, see, you watch his strength and the balance of strength.

Raise your right hand son.

Now, this is clockwise, I am doing it anti-clockwise and I am relating to the heart center. Be very strong son, very strong, very strong, absolutely strong.

(Students laugh)

He's pretty strong. Just watch it.

Hold it; defend yourself.

Students: Wahe Guru.

YB: This individual is the same person. Just rubbing this place anti-clockwise, took away every strength for him. Just rubbing it clockwise gave him a steel strength. You are how damn strong you are. This is your nerves to decide, otherwise, under pressure you will give in. It is, that is a physical (?). Ten times is stronger the mental touch. Now, watch it further.

This is your bellybutton?

Student: Hmmm, hmmm.

YB: Yeah.

Hands up.

(Students laugh)

Yeah, now, hold it, I am going to press you. Got it? Pretty strong. Okay, baby boy.

(Students laugh)

Now, come on and be strong.

(Students laugh)

If by touching with the hand and by rotating on the certain points of the body, I can show you his strength and his defeat. Ten time is stronger the mind and his thought wavelength, ten times. Positive thinking can make you ten times stronger and negative thinking can make you equally ten times?

Students: Weaker.

(Student laughs)

YB: Well do you want to know anything further, is it not a very honest, simple way to demonstrate to you? Now, watch certain things more.

Okay, take your this hand and put it on your thigh at this point. Okay?

Student: Hmmm, hmmm.

YB: Just like this, right? Okay, raise your that hand.

Now, please watch it. He will resist, resist again, he will resist stronger this time. Rather he should be tired, no, he'll go on resisting again, again.

Okay, come on.

Student: Wahe Guru.

(Student laughs)

YB: This was thigh, right?

Now, you fat eaters.

(Student laughs)

This is your navel point? This is your stomach.

Student: Yeah.

YB: This is it. All right? Okay. It's not the heart center; it's stomach. Okay, come on. Now, resist, look, we have to run the restaurant, remember? Resist.

(Students laugh)

He can't.

O people of God, when you eat more, you make yourself weak.

Now, this is your heart, right? Come on, now. Try your best.

This human science is based on a fact that whatever area you touch, you feel or you lean, that shall be your strength. Therefore, we conclude from this that if we meditate on God, we feel about God, we touch about God, the Infinity; we shall be stronger than the word strength can represent us. Is that clear?

Student: Wahe Guru.

YB: That is what the mantra, 'Wa He Guru,' indicates. Now, sit down and let us meditate.

Student: Wahe Guru.

YB: This meditation is they call it meditation on the infinite one God. 'Listen O people, there is my God, which is your God and which is our God and that God let us pray to.' This is the English translation of the Sutra, which I have translated to you. And this is not to be done; this is not to be done. It's a simple situation.

The thumbs are locked, ego is locked exactly like that and hands goes on the hand. If you are a woman, your left hand will be upper; if you are a male, your right hand be upper. Correct?

Law of polarity is a simple law of Economics. Polarization says you shall do what you have to do, because you need to do. It applies in the economic world; it applies the scientific world, exactly that way. If you are a female, you do this; if you are a male, you do that. Clear?

Student: (-----)

YB: Inhale deep. Inhale strongly. Sixteen times you have to go. Go.

Students (chant): Wa He Guru, Wa He...

YB: Inhale.



Now, let us sing beautifully and with a rhythm, we have lot of musicians tonight.

(Student plays guitar)

(Student stops playing guitar)

Yesterday there was nothing; remember?

(Student plays the guitar and students sing, 'Many speak of courage...')

Student (talks over the song): Women only.

YB (talks over the song): (?).

(Students stop singing)

I have a very beautiful news for you. This State of California, which was supposed to be the State of free people and all that, sneakishly is going to pass a bill, which will hurt mostly the religious and educational non-profit organization. We are already going under the tube, there's no reason. We started as great Americans and we end up now very corrupt and what not. But this sacramental gate is going to be worse than water gate. If you need any information what is going to happen, what is happening and you want to lodge a personal protest, you can talk to Sardarni Sat Simran Kaur, who has the bill, which has already passed this sneakishly in the assembly and is going to go before the Senate.

And I know what hand is working behind all this. Because more they will pass these neurotic bills, more people will become uptight and there shall be unrest. Plus the inflation will take its toll, plus the wrong leadership will create all this nonsense. But anyway, it is responsible to let you know what is happening, so that you may not be totally ignorant what is going on.

You are all adults; you have the right to vote. America is still democracy and each vote counts. Jerry Brown or Jerry White, vote is a vote. And we are lot of people. Must register yourself. And when any government is corrupt and does not care for you, just care for those who promise even to care for you, so that everybody may learn the lesson. Be aware, be alert, exercise your right. And now it is a time to exercise your protest and don't forget it.

God bless you for tonight. We'll meet again tomorrow at six-thirty. God be with you. Adios.

Student: (-----)

YB: Oh, yeah, yeah, I know, please send it to me.

(Student conversation)

What is happening to your throat?

Student: (-----)

YB: Get well (?).

Student: Ek Ong Kar.

(Students conversation)