

M037 881124 Removing Your Subconscious Blocks

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Please sit down. All right, this is how we are going to do. Class is very tough and harsh. You want to take it or not it's your choice. But don't leave in the middle. Just in few first step if you don't tune in with it you get up and walk away, that is what we'll prefer. But you want to stick around, then stay and stay like people. You know, I know you are American and you can do crazy things but stinking subconscious blocks every happiness in life. And your whole thing is in your subconscious. If your totally subconscious is totally cleared and clean, you'll be totally doing different things and will be lot more happier and effective than what you are today. I am sick and tired of this stupidity, I am not supposed to teach, I defy my medical doctors but my idea is, why to be totally useless till one is breathing.

This is how man becomes lunatic. Lunatic active, it is not a foreign land, it is not a foreign language, it is English. Lunatic active is an idea when subconscious start restoring your... You, you have done something, (?) come on, it got unplugged? This is your normal way to do these things?

This is how we start. We are born as children, you understand, you all get born. Then sometime mother likes you, sometimes father likes you, sometime you are chum of A or B. You desire things, you want things, you know things and you keep all these desires and wants and whatever is in your subconscious. It's a hidden you. When reality of life hits home then what you want is not there, what you have is not enough. What you want is not there and what you have is not enough and there is a full subconscious of insecurity, fear, anger and knowing what I know, you are alive is a miracle.

You have to act insane, you have to act out of commotion, you all sometime not think, sometime you can just jump out of the window, you lose your nervous control, you are temperamental, you are moody. There are so many names but they are names and there is a psychiatric or psychological or counseling treatment. May be that is true. But this doesn't work. Neither will nor have, nor can. Period.

Subconscious is subconscious and what subconscious holds goes. That's why the man found religion, Dharma, faith, to deny the storage of subconscious. Absolutely there is nothing that you have been lied so far that you'll find God, you'll be happy, religion will give you this, that, absolutely a white lie, it has no truth. The act is once you get to some reality, some religion, some fundamentals, then you do not get overload the subconscious. That's all is the problem. And once the subconscious is overloaded you can... You know, some people get rich, they are unhappy, some people are very happy, spacey, they are not rich, they are poor. They go this way you can go that way. The question is, wherever it leads you it leads you. You are not in one piece together.

I mean, people in Kundalini yoga and Tantric yoga are just happy because we unload subconscious once a while one way or the other. We do teach that. We understand the pain is not in empty stomach, pain is not in weaker nerves, pain is not having no sex, no chemistry, nothing. All these science what you talk doesn't make any sense. And your relationship doesn't make any sense. Relationship is what you cling to each other for just satisfaction of emotional satisfaction. If you look at it wisely, it doesn't make any sense. Why? We have a tremendous amount of fear and what we decided to have and what we have, do not match. So it create us to state of insensitivity. Now insensitive to what? Insensitive to opportunity. Insensitive to intuition. Insensitive to our projection. When you have three messed up, think, who are you. Think about it.

Once somebody said, "How are the humans?" Somebody in the Heaven, you know, he went another guy to the heavens. One guy in the Heaven said, "How are the humans on the earth?"

He said, "Well, they are painted ducks."

He asked him, "Could you explain what happened, God has changed all humans to painted ducks?"

He said, "Yeah, all they do make up and quack, quack."

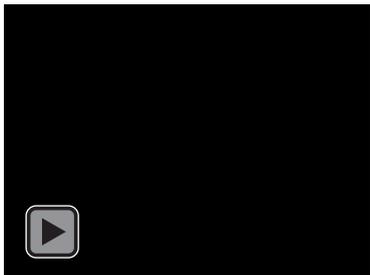
(Students laugh)

And that's what you are, if you look at it. Because guy in the heavens can't tell a lie.

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(6:58) We are going to go to unload the subconscious, not totally, if you get totally loaded then you are not that disciplined and you won't come through. So we'll do little bit. Enough that couple thousand dollar of counseling can do.



But not enough to make you saints because you have to walk on this earth tomorrow and you should not feel that you have grown tonight wings in your arms and you are flying, plus you do not know where the earth is, so you look crazy to others. All right?

Lock your hand please. It is a heavy class by the way. If you are not in a rush to do something with me, that door is open and collect the money outside and out. That's how effectively, I am, I am not even willing to teach those who are not very eager about it. But if you want to do something for yourself, go ahead.

It is a circulatory movement and try to keep it circular. Don't try to make any corner or edge. It will affect the neurons in the brain and the patterns and in couple minutes you will feel miserably difficult. Well, I know the effect how effectively it goes. Just start drawing a circle in front of you, big circle, straight elbows.

We are using upper sciatica nerve to pressurize the brain energy in the gray matter to reorganize and the moment you start organizing it properly, it will start defying, totally defining its own orbit. And it will start offending you. And that's where you will goof up.

Just draw a huge circle in front of you. I mean, you have never done this before, I understand, before you look crazy to yourself inside sometime say, "are you crazy?" You'll hear it. In couple minutes, inside your own self you'll feel lunatic because the left neurons and right neurons will try to understand what is this guy doing. Here in the brain there is a split. What is the next? Because brain has never done this before. You understand? You have never the necessity to do this what you are doing right now. You understand? This is not your modus operandi.

(Students laugh)

This is not the way you act. So every exercise will be almost out of the blue, totally lunatic and left side of the brain and right side of the brain will try to negotiate because they both want to help each other. Whereas the motor in the brain is telling you to keep on doing because that's the way you are doing. Keep on doing, don't bother. And you'll go through lot of pain and lot of weakness about it. But that's how it is working. Inside when work will start outside you look like, 'stop it, I don't want to do it.' That is the stage when you should make the circle absolutely round.

Student: (----)

YB: Now whatever you have started, don't stop.

(Students laugh)

If you have started clockwise keep clockwise, if it is counter clockwise, keep it counter clockwise, question is, draw a circle in front of you like you are to make a big hole in the wall in front of you or make a big hole in the space. Then have courage and see it is exactly round. Don't make it jerks and corners. That is what in your life make a mess.

You might be thinking it's three minutes exercise. No, we'll go long time.

(Students laugh)

Yeah, yeah, I am reading you very clearly, I mean to say, it's not something. Somebody just now decided, 'Well, let me do for few minutes, after a while, it's going to be off.' No, not that way. I want you to keep on going.

Come on, come on, come on, elbows straight. It is a simple science. We are pressuring both sciaticas to confuse the reaction of our own brain. Our own brain has our own computer. And when the reaction will start happening, naturally it is going to tell the subconscious what is the next. What is the pattern of this guy? Now subconscious doesn't remember any time in your whole life that you have made a hole in the wall like this. Have you? So please keep moving.

Now little faster, little faster and little faster and really faster. Yeah, get wild and keep moving round and round, round and round and you stop for nothing. Take as big a circle, don't try to cheat, just keep doing. Try to add force to it and try to make it round and round and try to be little faster. Get at your maximum speed fifty five miles an hour.



You know, you pay five, six hundred dollar, go to some stupid person, read all past life and all that jazz and spend another five hundred dollar, bring a bunch of those tapes and it's all about your past, you were a pigeon, you were a deer, you were a snake and you have a married life and you have legs, four legs and six hands and what that means? Let us see whether now you can even make a

circle or not.

(Students laugh)

And how fast. You will start seeing all your life within couple of minutes but question is, first let us reach it. Now for God's sake get faster and make it heavy. Make it like a hammer. The hands should become like an hammer and take a full circle. Keep on doing it. As bad it looks it will work.

Good, good, good.

That's why I tell you, oh my God, you machos who want to challenge the whole world you can't even draw a good circle. Move, move, move powerfully. You know the movement has to be blessed one that both hands where they are joining they should look like a heavy load hammers. Move them like a hammer. Have you had ever a hammer with a wooden big handle? Move. Does it nauseate you? What a simple scientific thing. Move, move, move.

All right, very good. Put your hands on your shoulders, cross, as simple and move left, right, left, right, left, right, left, right, left, right, left, right, hurry up fast, very fast. There is nothing slow here. Lot of miles to go. Now you want without lumbering your vertebrae in the spine you can have anything done is a crazy idea. Move, move, move. You look like you are doing those Tai Chi, that you have to move in twenty minutes one side and twenty minutes other side. I think you should be moving twenty sides one second that high velocity is required. Move high velocity, body will become

little taller, little real. It'll crack up. Hallelujah, saints are moving on, come on. Hurry up.



All right, very good, very good. No more. Put your hand here, then make them as wings and move them. Fly, fly, fly fast.

Long journey to do. This is all trigger points. These exercise do nothing more, just trigger and that trigger is heavy and that will give the power to release immediately the load of subconscious. That's, it's a question of stealing the stuff which you have loaded in for years. You didn't consult me on that.

Move up and down. But question is, it has to be fast. It can't be slow. That's the point. The motor system and the nervous system must not co-ordinate. You should be that powerful. Break through that deadlock.

All right, that's enough, that's enough. Watch now, simple thing.

Whole thing. Whole thing. It's a very polite movement. We are just asking five fingers, five centers, five antennas to send brain a very polite signal. Something is going to happen, something. Brain doesn't catch up sometime. Your will is more powerful when directed. So it has a strategy to think what is next. Don't give it a chance, move fast. Now move your toes also, feet too. No, no, as you were sitting cross, no, no, no, no, both at the same time move them. I wish things should be easy but you know.

All right, close your eyes, push your hands in this old picture of the tantric you have heard, you understand this, right, and this is what you are going to do. Sa-Ta-Na-Ma, Ra-Ma-Da-Sa, Sa-Se-So-Hung.

(Students begin to chant)

Wait, wait, wait, wait, with open eyes you can't do it, close your eyes and then do it. If it goes wrong, don't bother. Jump. The trick in this is you'll do wrong, that is known fact. There is nobody so perfect who can do it right. Once a while this finger will become this or this will become this, it is automatic. But that's what you have to jump, don't feel guilt, don't feel the pain, that's the trick. Understand? All right.

Eyes closed and eyes, from eyes look at your absolute navel point deep down, not at the tip of the nose but deeper than that. okay? Come on, set, go.

(Students chant 'Sa-Ta-Na-Ma, Ra-Ma-Da-Sa, Sa-Se-So-Hung...')

YB (Over the chanting): Concentrate.

Keep up. Deeply meditate.

(The tape stops after sometime)

(Again after few minutes students chant Sat Nam)

Side B

(Students continue to chant 'Sa-Ta-Na-Ma, Ra-Ma-Da-Sa, Sa-Se-So-

Hung...')

YB (Over the chanting): Keep up, you are getting there. Keep up, keep up, tune up.

Keep up, keep up, only three minutes there to go. Keep up, keep up.

One more minute, do it right. Open up.

Inhale deep.

(Students stop chanting)

Inhale deep, hold the breath and stretch your body left and right like a cat pose, hurry up, please. We don't have time we got to use this energy to get going. Exhale.

Inhale deep, deep, deep, deep, hold, stretch left, right. Stretch your legs, bring them back, stretch them, bring them back. Exhale, inhale deep and while holding the breath stretch the body, please. Stretch, stretch, you will use it again. All right inhale, exhale, inhale, exhale, sit steady. Hurry up.

Take your right hand and put it on the forehead, take your left hand and put on the navel, please touch it properly, hold it properly, close your eyes slowly and relax. Relax deeply, relax inwardly, relax mentally and reduce yourself to the first day of your being child. Please return consciously into the womb. Relax, relax, reduce, relax, reduce, relax, reduce, relax, reduce, keep on reducing till you reach.

Now please relax, think pain and attack it and eat it like a lioness gets to the deer, that's the food. Think pain and attack it, eat it. Think pain, find it, attack it and eat it. Think pain, Karma will be paid right here if you do it correct. Think pain, find it, attack it, eat it.

Find out the pain in your being. Touch your forehead at a proper place and the navel point but connect the both Chakras. Do it right. Now, find pain in your life, wherever you can find it, like a lion attack it and kill it. Chew it and laugh and go for the second and the third and the fourth. And when you finish this incarnation go to the previous ones.

We'll give you the energy of the Creator, the sound of the Creator.

(A gong music tape being played)

YB (Talks over the gong): Attack your own fear, your own pain. Attack and kill and win.

(The gong music stops)

Inhale deep, hold the breath.

(?).

Exhale, inhale deep again. Exhale, inhale deep, deep, deep, deep. Hold it tight. Exhale, inhale deep, deep, deep and put your both hands on the heart center cross. Just copy the words.

('Flowers in the rain...' is being played)

(The tape stops)



Inhale deep and hold. Concentrate on the tip of your nose and start copying the language. Exhale, inhale deep, hold tight. Exhale, inhale deep, exhale, inhale deep, hold, concentrate at the tip of the nose, exhale, inhale deep, hold, exhale, inhale deep, hold, concentrate deeply. Look forward to straight close eyes, see the blue pearl, exhale. Inhale deep, concentrate and go for the frontal burst of light, star, darkness, red and blue. Try to penetrate into the twilight zone, exhale, inhale deep, concentrate and penetrate please. Everybody should do it before dying because at that time you can't do it, you don't have practice, you don't know where you are going. Concentrate, penetrate, exhale, inhale, concentrate and penetrate. Train yourself to die at command. Exhale, inhale, concentrate and penetrate in the frontal void. Go through it, it will be red sometime, black sometime and dark sometime, blue sometime. Keep pushing beyond and beyond, keep on practicing. Exhale, inhale deep, hold tight, penetrate, project. Each time do little better. Exhale, inhale deep, each time penetrate further. Project further, do little better. Exhale, inhale, do the same. You won't be the same again if you do the same. Little further, penetrate. Exhale. Inhale deep, project, penetrate, exhale. Inhale deep, exhale. Copy the word for the change.

(There is a song, 'Chanting Sat Nam, singing Sat Nam...' being played)

Inhale deep, project forward, penetrate through the space in front of you. Concentrate to the dark, blue, yellow, pink, red, whatever the arc line need to be cleansed penetrate through, go beyond, concentrate, exhale. Inhale deep, project, concentrate and penetrate, project, concentrate, then penetrate, project. Relax.(1:24;39)

May The Long Time Sun Shine Upon You All Love Surround You.

(The class starts to sing the song 'May the long time...')

Sat Nam, my prayers are with you and God bless you.

Thank you. Put it on.

(There is a song played, 'Walking Up the Mountain...')

YB (Talks over the tape): Get back to be normal and sing this but let the body be loose, stay here.

(The song continues)

(The tape stops)

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