

link to video 24,30m

NM285 980825 Burn Karma - exactly takes forty days that your destiny, your circumstances, your environments will change

SUMMARY MEDITATION

(30:56)

11 minutes: There is a attractiveness in life. And that attractiveness should only be focused and beamed on Infinity and you will be near to that excellence and Lordship, which you deserve. You have to reach out. It's a chance, wherever you are don't measure it how spiritual you are, who certified you are not, nothing that. **Just apply your spirituality. Just that. And it exactly takes forty days that your destiny, your nature, your circumstances, your environments will change.** It is not something very harsh, something very hard, every human can do. But now for eleven minutes that's all the time we have now, we left and we just blessed the heavens. Just like that, chest open, eyes closed, neck little back and we bless the heavens and we have breath of fire continuous.



Burn your Karma folks, burn your Karma, burn your Karma. Burn it. Bless the heavens, heavens will bless you. Angle should be sixty degree and no bent in elbow. Kriya is very honest. Come on keep up you are just not trying to do **powerful breath of fire** and then you expect results, I mean this is something, which... you have thirty seconds left, hard, hard, try your best.



Now please lock your hands up and keep breathing the way you are breathing, (43:37) lock your hands like this and pull apart as much you can and keep on breathing. Pull apart.

(43:59) Now put your both hands on the navel point and keep on breathing.

Help, **move the belly. Move, move hard.** With both hands push, with the breath push. Inhale deep and with the hand push in deep and squeeze your body and breathe out. Breathe in again, repeat the same with all the power at your command and breathe out. Breathe in again this time if you have never done it, still do it. Hold tight, pull your whole thing upwards, push it in and cannon fire breathe out. Relax.



Audio 16 minutes



LECTURE

<http://www.libraryofteachings.com/lecture.xqy?q=%20sort:dateDescending&id=47224ce9-5fe4-cf32-9f22-732c492c42fa&title=Espanola-Lecture>

E482

... Guru Surya's birthday and you will get cookies provided you sing right.

Student: (----)

YB: Guru Santhni's birthday too! Okay sit down now. You normally might be asking a question that we have read lot of things. We have been taught lot of things. From first day the Earth started revolving to this day, it is the urge of the man to become spiritual. And as you explore the history you will find some people really became spiritual. Then you listen to their inspiring beautiful stories of life, how they were content, how they were served, how they were loved, how gracious they were etcetera, etcetera, etcetera and you want to become the same and there are some people who feel that they can get superior powers, some occult powers and show you the people that they are superior and this way they will get gathering, following.

One way or the other reality is that what Aristotle said, "Man is a social animal." He wants to create society around him and fact is there is no better society, which can be created if man is very Divine or he proceeds with Divinity. There are six thoughts and six schools of teachings and there are six teachers. They all have represented their ideas and people who practice A hates B, practice B they hate C but they all practice. There is no tolerance. Every religion is divided into small groups, individual perishes etcetera, etcetera. Children of one Christ fight each other and kill each other. Children of one Guru insult each other and fight with each other. Children of one God try to kill each other. It has happened many times and it's not stopping.

I have seen some young people, they put some rings around their lips, some rings around their tongue, some rings... if you want to prostitute the body go for some money and do it. Why to deface yourself and try to insult yourself and seal your personal respect to the point of that you are just good for nothing and then expect from society or from personality that you will be happy. When I discuss among young people they say the blood is so hot, they don't understand a thing. And majority of the girls and boys they are permanently damaged and they live in the vengeance of their parents. It's a very continuous subject. Feeling is 'I have been wronged and this world owes me a apology.' World is never going to apologize

and you are wrong anyway, nobody is going to bother about it, more they don't bother about you, more wrong you do. In the end you become a sociologically and psychologically a living wrong. Your smiles are gone, your songs are gone and then you are miserable.

Then one day you happen to marry a man or happen to marry a woman, the same subconscious pattern works with you there. When you are not committed as a child you cannot be committed as an adult, you cannot be committed as an old person. It's a category of life; it starts between seven years and eleven years. Those four years are so critical that there is no answer to it. Nobody wants to become a student; everybody wants to become a master. No woman wants to be graceful; every woman wants to be sexy. No man wants to be absolutely in self-control. But they just want to exploit everybody else to subjection. This life is a big question mark. It is not easy because nature is indifferent. For nature there is no right, no wrong.

I saw a mother brought a bunny about four of them to the children, home. So they were very happy, they made a home, they put chicken wire around it, they take care of it. These bunnies grew up and they started making holes that it was difficult to drive on the driveway because underneath there were burrows, they had dug it and cars will go in. So parents were little upset what to do. But children were so stuck with them. They didn't want... they used to count them, fifteen, sixteen and on every Moon she bunny gives so many bunnies you can't believe. So they were all over. One morning the bunny was playing and an eagle came and picked up one. And children yelled and screamed and cried, even the big boy went in and brought father's gun and fired. But eagle was eagle, he took it away. Eagle went there and after eating that little bunny, he said, "It was a very soft breakfast. Why these humans were shooting at me?"

Eagle made it a routine. Whenever his breakfast time happens, he comes and sweeps and take a one bunny and goes and have a fun. So children calculated by his reputation that between this hour and this hour he comes for a breakfast. So one morning they were already pre-hand sitting and they slugged him. His wing broke, he fell apart, he was injured and he was trying to run away, after all he was eagle, he wanted to show his power. But that didn't work much. A very, very hungry vegetarian bear got to him. There was no fight, because he was already injured. So technically speaking everything what we do is indifferent to nature. Nature didn't interfere on behalf of the bunnies, neither it interfered on behalf of the eagle. It's natural, what is born shall die. But one thing, which human forgets whatever it is, it is, there is a balance. If you are a good girl, you are stabilized as a good girl, but you are otherwise equally possible to be wrong girl. It's not that everybody can be only right. Right and wrong are two sides of the same human. And we are supposed to understand if right and wrong are just two balances, how can we all will be right? Answer is very simple. Can everybody or anybody give me answer now? Hmm?

Student: (----)

YB: Just be. All right, anybody else?

Student: (----)

YB: It's all in the mind... oh that's what she said. Just be. How you can be instantly become spiritual? Like instant coffee! Soak it, it is done.

Student: (----)

YB: No claim, no blame!

Student: (----)

YB: Oh that is our mission to do, that people will not follow but what is the universal basic fundamental idea in which in one day with all the shortcomings, corruption, neurosis, everything you become spiritual next minute. What is the quick plot? Haa?

Student: (----)

YB: Yeah, just slipped about two inches.

Student: (----)

YB: That is personal.

Student: (----)

YB: Whenever... yeah, yeah, yes, yes, yes, yes...

Student: (----)

YB: Yeah, when there is an odd there comes even. Apply your even side against every odd. That way if you say it correct. Apply your Divine side in case of every duality. Duality you shall face. You can't escape that. Against duality, which will bifurcate your identity you apply?

Student: (----)

YB: Your Divinity. What happens... Divinity is high. Duality is low. When you apply high, you create a vacuum and all the low runs to help, serve, most corrupt woman who is corrupt inside and pretends to be nice outside has a permanent depression. Instead of creating an impression that she is with the Divinity of her grace and her self she gets to the duality of her pain and her (?). People who practice this kind of thing create a reputation. And that reputation walks ahead of that person. If tomorrow morning decisively you get up and you say I am Divine and everything, which comes to me I shall apply my Divinity. There is no reason on this Earth you cannot win. Religion was a science of reality not bifurcation. It was not to divide humanity into ethnic cleansing and killing each other in the name of one God.

By declaring yourself you are very Divine, you don't become Divine. By applying your Divinity you become Divine and what is Divinity, that's the question. It's a total reality of yourself. You are who you are. Neither you become more nor you become less. Because without the application of your Divinity you cannot belong to Infinity. And without Infinity the vastness, the hugeness of you will never shine. You may have a Aladdin Lamp, but you have to rub the guy. So basically

it comes to a simple question. Are you willing to apply your applied consciousness? But where you learn applied consciousness? And that is where a person comes called teacher or the Guru. What is Siri Guru Granth, a applied consciousness with stories, with explanation, with reverence, with understanding as people have done before with results. But still though it's a very modern time and Shabad Guru is all there and people understand through the words how they can process their Divinity and forklift people who are in a very cold thing of life but there is a one greed attached to it. I become the Guru. I still lives. Then Thou cannot have roots.

Thou belongs to those who offer their I first. It's very difficult. Because man from the first day when he was born child was taught by mother that mother is everything. Then father said mother and father is everything. His domestic home is everything. The idea was totally limited and limited and sealed as limited. There was no chance to expand and be. 'You are my daughter, you are my son, you are my child, this is our home, this is our street, this is our town,' there was once a woman who was given a very wonderful job in Atlanta, Georgia, and technically speaking she should have gone there because her salary was about six times. And with perks and privileges all comes to twelve times and she consulted me, I said, "This is one time chance in your life you should go!"

She said, "I can't leave San Francisco!"

I said, "What is in San Francisco?"

She said, "I can't leave San Francisco."

I said, "Be wise, just don't reject this, go ahead and join it."

She went, she joined, she worked one year and then she left. Back to San Francisco! I asked her, I said, "What is in San Francisco?"

She said, "I don't know. It's a fun to be in San Francisco!"

It's a fact in thirty days except going to buy grocery or going to some work, she has never left her apartment in San Francisco. One day I told her, "San Francisco is supposed to be on many hills, which hill you are on?"

She said, "I don't know."

"Have you ever been to ocean?"

"No."

"Have you ever been to Golden Gate?"

She said, "No."

"You don't see Golden Gate?"

She said, "Yeah, I went to a movie, I saw it there."

(Students laugh)

She is a perfect hermit. I want to live in San Francisco. What is this that people get bewitched by themselves? They get stuck by their own thoughts. It is called mental depression. This depression is called white depression. It's like a snow, it's like a glacier. It moves very slow, once it entertains itself into the body... such people, there are certain signs of this. They are very alert, they are very smart, you talk to them all wisdom, they will never agree. They will talk to you for hours and hours and hours, there will be hardly if you can count... there will be hardly if there are eight hundred complaints, there will be hardly eight compliments. These people are normally very angry and they burst out like on fourth of July you have crackers. Is God made humans that way? Answer is no. God made man in His own image. But what is the problem between man and God. Ego! Man wants to become a semi-God. Today there was a telephone call to me, "Yogiji I have a question."

I said, "What is your question darling?"

"I want to cut my hair."

I said, "Cut them."

"How can you say it?"

I said, "As you said it, you want to cut the hairs, cut hair."

She said, "Why I have this feeling?"

I said, "The feeling is very simple, you want to socially cut yourself. You will become a out caste of the society and you will have no spiritual strength, in spite of the fact you are spiritual person. Go ahead and do it."

"No, no, no, no, I don't mean it, I was just asking you."

I said, "You were asking me, I answered you."

It's not the hair, it is not the Bana, it is not the dress, it is not your friendship, it is not your sex, it is not your relationship, question is what is subconsciously you want. If subconsciously you want to destroy yourself and consciously you want to construct yourself, balance is right there. The words are on the wall anybody can read it. It's not what you want; it is what is expected of you. I was coming to the class, I have a beautiful housecoat, I could have come like that, taught you a class, matter would have ended. No, it is not. There is a decorum with life. There is a corum of strength and decorum in life, which has to come out in practice. Somebody once asked me, "You love me?"

I said, "I am in very much in love with you."

"Why?"

I said, "Because you are an idiot and you are stupid and you are destructive, therefore I love you very much."

"How come?"

I said, "There is a hope that I am blind by my love, I will perhaps could be in a position to do something. Otherwise you are stupid."

"How can I get your love?"

I said, "Don't want my love, be my love. Be ten times better than me."

"How do I know?"

I said, "My psyche and your psyche is one psyche. It will meet."

Righteousness always meets righteousness. Foul always stinks. I said, "Ask your friends, ask your parents, ask your everything, now you are a grown up girl, they all think you are stupid, you are angry, you are negative, you are depressed, is there any positive word you have earned?"

"You always tell me you are wonderful girl."

I said, "That I know. Your talent and your potential is true. But your applied consciousness is not there."

Once a person understands what there applied consciousness is they will not play sympathy, apathy game. They will never judge right and wrong. They will show by sheer commitment how gracious they are. Such a man is not only respected by a man such a man is respected by Almighty God itself.

"Teהל Meהל Thaan Ko Milay Jaha Pey Sant Kripal"

The palaces and services are at their lotus feet where God and saintly self is there to determine their Divinity. Duality takes away from person the reality, it creates a gorge in which all good luck falls and it's buried forever. I know in my life when I was in Hollywood I was a Guru of the Hollywood and my God, 'oh you know so much, you know that much, you know that much.' After three years looking at the whole experience I sat on the hippie bus and came to New Mexico. Left them all and just made a packet of them and gave to Dr. Soram.

(Students laugh)

They are all his patients. First they were all my students, now they are all his patients. I said to myself, "These people are living egos, they cannot change." Once you adapt a character of frustration then you must understand you will use all the fantasy of life, fanciness, delicacy, subtlety, all gone. You will be gross plus gross plus gross and in real estate we say location, location, location. About you will be gross, gross, gross. Once I went to this show happens in Los Angeles where all the new age people come and sell their things, what they call it?

Students: (----)

YB: Whole Life Expo affair something. And I was given this thick pamphlet, in which there were, I counted it, up to two-three hundred I counted and then I stopped. And I only made about three fourth of it. And in one (?) in a box was my picture and it was said, "I am going to teach also." I got interested in their heading. Material life and spiritual practice. Life and this and spiritual this. Everybody added spiritual something. Why not to say selling Vitamin A spiritually? That would have been a better heading than anything like that.

(30:56)

11 minutes: There is a attractiveness in life. And that attractiveness should only be focused and beamed on Infinity and you will be near to that excellence and Lordship, which you deserve. You have to reach out. It's a chance, wherever you are don't measure it how spiritual you are, who certified you are not, nothing that. **Just apply your spirituality. Just that. And it exactly takes forty days that your destiny, your nature, your circumstances, your environments will change.** It is not something very harsh, something very hard, every human can do. But now for eleven minutes that's all the time we have now, we left and we just blessed the heavens. Just like that, chest open, eyes closed, neck little back and we bless the heavens and we have breath of fire continuous.



Burn your Karma folks, burn your Karma, burn your Karma. Burn it. Bless the heavens, heavens will bless you. Angle should be sixty degree and no bent in elbow. Kriya is very honest. Come on keep up you are just not trying **to do powerful breath of fire and then you expect results**, I mean this is something, which... you have thirty seconds left, hard, hard, try your best. Now



please lock your hands up and keep breathing the way you are breathing, /43:37) lock your hands like this and pull apart as much you can and keep on breathing. Pull apart. (43:59) Now put your both hands on the navel point and keep on breathing. Help, move the belly. Move, move hard. With both hands push, with the breath push. Inhale deep and with the hand push in deep and squeeze your body and breathe out. Breathe in again, repeat the same with all the power at your command and breathe out. Breathe in again this time if you have never done it, still do it. Hold tight, pull your whole thing upwards, push it in and cannon fire breathe out. Relax.

There is certain things in news you will like to hear. Which I'll talk only summarized in summary. There is going to be a drug for shy people.

(Students laugh)

A drug used to treat major depression and anxiety may also work against crippling shyness caused by severe social phobia. So that's a great hope, it will have no side-effects, but you will not be in a position to see right.

(Students laugh)

It affects about twelve percent of population that means thirty-two point five million Americans are suffering with social phobia. Sometime I wonder why don't they give this information on every door, there should be one panel on this social phobia, this person, this person... so everybody should know what they are up to.

Now, Sun can cause cataract. Even a little Sun, which your eye catches direct can cause it and in outdoor jobs they are ten percent more. You are supposed to wear glasses; they may not be very costly but just protect your eyes. Very documented note how they are. Well, Mormons are going to build three million dollars Temple and a cat wandered two hundred miles to come home. Better than all of you. Calcium supplements may combat PMS.

Side B

They have found out the cancer, which is caused by smoking can also be caused by smoking marijuana or Crack Cocaine. This looks like new, everybody knows that. There is a permanent cynical generation born and they are very insensitive. What? Why they are insensitive? They don't want to address question but they want to ask question. Body is friendly fat substitute. They are new dietary fat substitute that some scientists may say it is good for your heart. Well, these are the news, which is the latest for your health. For your wealth we are reentering a Sun period. For thirty and twenty-eight how much it comes to?

Students: (----)

YB: Fifty-eight days. If you want to shine up and show up and something we have put in closet, never looked into it, find it and put it in a proper order and proper prospect you may end up with some money. That's a good period. Number two, I am going to teach only two days a week. And we will decide one day when all those people who want to talk to me, that can come and have fun and be happy. Rest of the time you are free to do everything wrong. But now I am around, if you are caught then God bless you. I have even got a small scooter on which I can run around and catch you going here and there.

(Students laugh)

Yeah, that little four wheeler, what they call all-road thing?

(Students laugh)

Student: (---)

YB: ATV! I want you to get up tomorrow and make a promise to yourself that first thing you will do, you will bless yourself. I am not asking you to do prayer, I am not asking you to do exercise, I am not asking you do Yoga, nothing, just get up in the morning, put your hands on the head and bless yourself. Let us start with this. Oh, you will hear it alive.

(Students laugh)

(Students sing "On this day the Lord gave you life...")

(Students stop singing)

May we live in blessings. May our first act of Divinity is to bless ourself, may our grace guide us to bless all we meet, if we ever be without judgment and with unlimited love on our part, join the blessings with each other to reach a state of bliss. The most precious life, which God has given us as humans may have a light, prayer and self-blessing, through which we can always rise and widen our horizon to see the beauty and the bounty of the Lord. May tonight you all be blessed, may this blessing grow many folds and may your heart opens and your affection may reach out every heart. Sat Nam.

Students: Sat Nam.

YB: Hey play drums only.

(Students laugh)

How come you do this?

(Student plays drum)

YB: (over drum) Tonga, tonga, tonga play. Oh he is feeling shy. Close your eyes and play freely. Use your index finger. Meet it to seventy-two beats of the heart. You are missing one beat. Oh great, keep going. Play the drums loudest. You! Come on, come on now. Hey you play guitar? What do you mean; you are not going to eat cookies? Play with him, no singing.

(Bhangra beat is also played)

Dance, dance.

(Bhangra beat & drums stops)

Tomorrow is twenty-sixth of August. Today is a pre-birthday evening.

(Students laugh)

So our political birthday was on twenty-second. That got well taken care of, thanks to you to bringing both political parties at one table. And showing your strength moral, social, ethical, and spiritual. I am personally grateful to you all of you and personally those who worked beyond hours to keep the household going and keep everything in place. It was a humongous work this year, there were more guests than we expected and more people came than we invited.

(Students laugh)

So it's a kind of a national thing, tomorrow night we have to teach a class and everybody who will come shall bring instrument, musical. If you have no instrumental music, bring two bamboo sticks. You know what I mean? And tomorrow is a very special day and it is very special class and we release a very special mantra and we need lot of noise with it, we cannot say we are very matured musicians but God loves us and we even do not have time to find where He is. So tomorrow eight O' clock bring your toilet papers, if you have nothing else to bring.

(Students laugh)

For God sake come prepared.

Student: (----)

YB: Once I went in ashram, it was a early day situation and I straight went to bathroom, there was no toilet paper and I asked the hostess, I said, "My dear girl, daughter, I don't need it but there is no toilet paper in the bathroom."

She said, "We have spent it all on decoration."

(Students laugh)

And I saw... I saw everywhere toilet paper was twisted from pillar to pillar and wall to wall. So I mean to say purpose is to be served. Tomorrow will be joyous evening when the star is reborn. You might be thinking I am saying star is born it's me, it's not, the star is born it is all you. It is that birthday from that vibration, which causes you to be the cause and you be the effect. This union is complete. So count me out and tomorrow we will dance and we play instruments and nothing else. Play the European drums and I think he needs some kind of saffron milk or something.

(Students laugh)

His circulation doesn't seem to be very good going. Actually he is a chronic bachelor that's why things go pretty rough.

(Drum is played)

YB: (over the drums) Learn when you are going to learn. Haa? Double hand, double hand, blow it up. You, you. Goodnight! Tomorrow if you do not know how to bring..