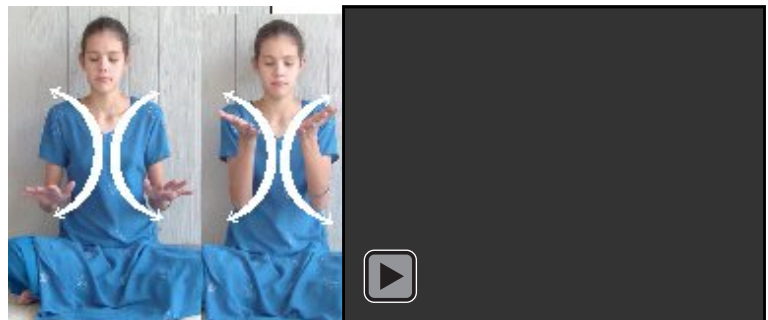


[link to video 9 m](#)

**NM343 A00420** *Give of Your Self Find Ecstasy* April 20th, 2000 - Espanola, NM, USA  
#NM0343

(Confront M092 931117 The Frequency of ecstasy: simile exercise )

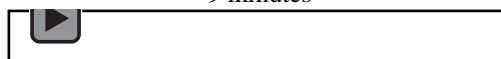
We claim, blame, discuss and plan. We qualify and disqualify ourselves by the power of our thoughts. Thoughts are wonderful when they do not cross the banks of the unconscious mind. When thoughts cross the unconscious they affect the conscious. Our thoughts take us somewhere else, so when opportunity and good luck come, we are not at home to receive. Our power is *seva*, selfless service. Those who do not know how to give will never receive. Seva gives us grace, gives us glory. But without *simran*—without a meditative and devoted mind—you cannot do *seva*. *Simran* is a self-purifying process. What makes an effect is not our talking, writing and claiming. It is the grace of purity that shines through us. Something that can be said with three words should not be said with thirty words. A pure person is very simple in speech. What do you need in yoga? *Union with your Self*. When you are united with your Self, *then* God shall unite with you. Self is very important, yet you degrade and put conditions on your Self, you do not let Self flow. If you give your Self a chance, your Self will give you all the chances. If you are consistent and constant in recognizing your Self and its beauty, and if you give of your Self, you will be a saint—through service, through being caring and compassionate. A spiritual person is vast, like an ocean—humble, but very mighty, very powerful. It is difficult for people to stay in their hearts. Waves of thoughts are in the head. The heart is constant—it beats 70 times per minute. When you become constant like a heartbeat, everything starts working for you. In the mantra, “I am, I am,” the first “I am” is an affirmation. The second “I am” is to be humble. “I have come from the Infinite to the finite, and from the finite I have to go to the Infinite.” If you do not understand the subtlety of life, you cannot make it. Each breath in life is a value which you cannot redeem. Leave all questioning and answering to subtlety. When we meet somebody, we want something. This basic corruption is not our fault. It comes from the lack of affection in childhood. When you are giving a hand shake, create a feeling. The thumbs must meet, and your index finger must touch the heart point on the inside of the other person’s wrist. Hug children with a bear hug, or in a sandwich hug with a friend. Learn to love people. You have every value in you. Transform every value into a virtue so you can share, and share because you care. If you care, you will be loved.



When you are loved you will have opportunities, chances, and you will live well. Do not hesitate to communicate a good thought.

**MEDITATION - Find Ecstasy** Sit straight in a cross-legged position. With the elbows relaxed down, extend the forearms in front of you parallel to the ground, palms facing down. Eyes are focused at the tip of the nose. Move both hands in a crescent moon movement in front of the heart center, sweeping the energy up. Silently move the hands up and down in rhythm with the *Nirinjan Kaur’s Humee Hum Brahm Hum* mantra. Continue for 11 minutes. To end, inhale deeply, hold, make the hands tight like steel and cross the energy between the hands with a mental focus. Cannon Fire Exhale. Repeat 2 more times. On the last breath tighten every molecule and muscle in the body. Relax. Do this meditation in the morning. You will find the practical meaning of ecstasy.

9 minutes



NM343 A00420 Your life is based on one breath  
LECTURE

Side – A

‘(?) Adami Ek Dami, Moolat Mauth Na Jaan da’

I am a person of one breath. I do not know how much extension that breath can give me, that is the process. Well, if that is the process we forget it, therefore we claim, we blame, we discuss, we talk, we plan. In spite of the fact the Guru said,

‘Sou Siyanpa Lakhvey Thaiy Ik Na Chaley Jaan.’

Your hundred thousand wisdoms will not go with you, we won't solve the problem. Then secondly we are byproduct of one thought and how many thoughts we take, one thousand thoughts per wink of the eye, Shashra, and we have thoughts, and we have thoughts, and we have thoughts, and we qualify and disqualify ourselves on the power of our thoughts. Thoughts are beautiful if they are within the scope. River is wonderful it does not cross the banks, but when the thoughts cross subconscious, unconscious, then it affects the conscious. We are not poor because we are born to be poor. Even you look at the horoscope every body who are going to have a Jupiter somewhere and is going to take its turn, that is a rule of the thumb, but we don't make it, because our thoughts take us somewhere else.

The movie which in America we have made, Alice doesn't live here anymore, it is a very correct movie. When opportunity comes good luck comes, we are never home, we are somewhere else and that disqualifies us to receive and those who do not know how to receive will never know how to give, and those who do not know how to give will never receive. .

It is very fascinating that without Seva that is our power. Our power is Seva, we serve selflessly, when we serve selflessly it give us grace, it give us glory, but without Simran you cannot do Seva. Simran is a self-purifying process. The thing which effect is not how much we talk, how much we write, how much we claim, thing which effect is the grace which shines through us of our purity. And what is the sign of purity? You are very short, straight, simple. You do not spin thoughts. Something which has to be said with three words should not be said with thirty words. And one things you all must know let people honor you, don't force on people that you are a Messiahs. In (?) there is a whole hospital filled with Jesus, Mosses, and Messiahs. And that is what now the Israel government is going to do, process a person in the mental hospital and send him to the country one comes from. But they have found another difficulty they come back.

This is something in Dharma which you should know, Pritam bhagvati simar kai Bhagvati is the process of three powers, Lakshmi the goddess of wealth, Saraswathi, the daughter of music and art, and Kali the goddess of justice. People misrepresent Kali, they call her goddess of death, that's not true. Kali is, Kali does justice to the demons. And where we have angels in our life we have demons in our life. Demons make us to do short-circuiting. Angels give us expansion and grace. In yoga what do you need? Okay that is a question. What you need in yoga?

(Students: Laughter.)

Student: (----).

(Students: Laughter.)

YB: I am listening.

(Students: Laughter.)

Student: (----).

YB: One hundred dollar for a correct answer.

(Students: Laughter.)

Student: (----).

(Students: Laughter.)

YB: In yoga what you need?

Student: Union with yourself.

YB: Aah.

Student: (----).

YB: Who is that? Raise your hand. Pay him hundred dollar.

Student: Clapping (applause).

YB: In yoga you need union with yourself. When you need union with yourself you have union with yourself, then fill in the sentence then,

Students: (....)

YB: Then,

(Students: Laughter.)

YB: Then,

Student: (----).

YB: Then,

YB: Yeah, give it to the guy.

Student: clapping (Applause).

YB: Well thing is thing, then.

Student: (----).

YB: God shall unite with you. Union will (?) you beggars you know, beggars this, beggars that, beggars, this is not right, when you will unite with union with yourself, then God shall,

Students: Unite (?).

YB: Self is very important and you degrade yourself, you put conditions on yourself, you don't let self flow. If you give chance to yourself, yourself will give you all the chances you can get. You get married, you get divorced, you get divorced, you get married, you fall in love, you fall out of love, you window shop, you become student, you become teacher, you become master, you fall apart, you go up you go down, what, you are yo-yos. Constant consistent forever. You know who is most constant and consistent among this 3HO in this area? Is Sat Nirmal here?

(Students: Laughter.)

YB: Aah, standup.

(Students: Laughter.) YB: You know this guy? You stand up

(Students: Laughter.)

YB: Am I correct?

(Students: Laughter.)

YB: Am I correct Nirmal?

Students: Yes sir.

YB: Come.

(Students: Laughter.)

YB: I am not discussing merits and demerits of this situation, but it is constant and consistent. Once I tried to be very kind to him, he was constant and consistent and never gave even this window. I begged out of him, "Give me this window, let me do something for you."

He said, "But, I have a question."

I said, "Well, this is the height of consistence. I mean consistent can be any kind."

If he uses consistency and recognize itself, and the beauty of itself, and give himself a way he will be the Saint, it is a shortcut. Power is the same.

When I came to the United States I was with hippies, and yuppies, and what ever you want to call it. I started saying, and Guru Gobind Singh time was there was everything wrong, so wrong they cannot be anything wrong more than that. So what I can do to give this people identity. So I looked at myself, how he gave us the identity when we gave our head to him, gave us Bana, then how we can become gracious and everybody will worship us, and everybody will trust us, and who will be prosperous, rich, bounty, beauty, and beautiful, Forget your language, take Guru's language you win, you win. You speak your language this is your language, when you speak Guru's language you become Guru and Guru will pray. Then we started lunger remember, somebody used to bring Dal, somebody we used to the, what they call paths,

Student: (----).

YB: (?) lunger, used to be, it is still a wish and dish, still important. So we use that, then we started feeding, serving, caring, compassionate because why could we do it, we were doing Simran, we were doing Sadhana.

What spirituality actually means? How you can know a person is spiritual? That is the question which was asked many times. A spiritual person is so vast, he is like ocean, humble, but very mighty, very powerful. Spiritual person will be short, ask any question. Oh, go ahead we are playing, I like to play with you anyway. You feel very sexy these days.

(Students: Laughter.)

YB: Don't laugh wait, wait. You have taken exactly one minute of life, that means you have taken fifteen breathe of life just to consider one question.

Student: (----).

YB: That is a good question. Now ask question.

Student: (----).

YB: Because the wave of the thoughts are in the head, when you come to heart it is a constant seventy beat a minute, broomba, broomba broomba...., it's a Japa. When you do broomba, broomba, then everything start working for you and when you say do, do, do, yo, yo nothing works for you.

(Students: Laughter.)

YB: In harmony you go by the rhythm, I am, I am. When first you say, I am it is affirmation, second I am, it is humble, it is a acknowledgement of that great I am in my little I am. I have come from the infinite to the finite and from the finite to I have to go the infinite and if I do not understand subtlety of life I can't make it. Teacher is not that who have so many books remember, and memorize, and talk beautiful, and all that, teacher is one who knows the subtlety, who deals with the subtle body of his and her perception and reaches the subtlety of another person. You know I am just giving (?). Because each breath in life is the value which you cannot redeem. So when you are questioning or you are answering if you leave it to the subtlety and then it is rhythmic, is a rhythmic, then you don't need a marriage, and you don't need a divorce, if you have marriage then you will never have a divorce because marriage is nothing but a subtle relationship between two people to help each other. It is not a passionate love, it is not a sex, it is not a satisfaction. Read,

Student: (---).

There is letter, it is a private letter and I am not going to read the letter to you. One woman is complaining she has only sex two times and she misses it because when she does sex her man is very mallow and her man says, when he has sex he can't get up from the bed for five days, something like that. So it was very particular peculiar question and a letter was very sophisticated. So I wrote a reply you have to come to (?). It was very tedious question and it has to be looked at because you all are horny and second chakra is very important to lot of people. Because they think if the child second Chakra is plugged they can find god. You can do it with the carrot, you can do with a onion, you can do with anything, plugging is plugging.

(Students: Laughter.)

Student: Sir, this is called premature woman and sexual emphasis., The mind is a pendulum and many times the have to balance putting our physical needs over and above our unison and merging flow of energy into the oneness of the heart. Sex is a many splendorous thing, but it is technically cool, very, very cool to give it any importance after thirty-six years of age.

YB: (?).

Student: After forty-five basing your life flow on sexual energy is a tragedy. Life is an understanding in which we love and live, therefore sexual intercourse brings the feeling when we cannot elevate our feelings. But using it as a security destroys the security in life. It is been observed many people go rude and crude on sexual pretext. Actually it is there unfulfilled childhood or their spirits elevation which when they were young they could not uplift to the higher sense of themselves. My advice for all this sensitive insecurity do not mess up your life happiness, friendship, and progressive leaving. Write me back after pondering over this letter.

YB: (?) I said many things but I said nothing, you know why? I happened to the privilege two raise a girl, you know I am doing lot of these young girls now come to the state and I know I have to fulfill as a grandfather, as a father, (?) be the futuristic situation, so I knew that granddaughter of mine has a handicap. So one day I was standing in kitchen, remember in those days kitchen used to have (?) kind of things and she was there, and I just took her in my hand and hugged her, I hugged her. She busted into tears, it look like she has been killed or tortured, but you know it was that joy she never knew what a hug is.

Now I take Nanak Nial, I put in my lap and I (?) not hug him, I give him a bare hug, then I give sandwich mama and him both, so you should not forget hug is a hug. So she will never bug anybody in life, never get bugged. Now that handicap of childhood you pay in your life. First Nanak Nial used to feel little difficult whenever he say, "Dada bare hug."

I said, "Dada, mummy sandwich."

So he is in-between mummies over that way.

(Students: Laughter.)

YB: You have to learn to love people.,

Now shake hand with me, come on, see, see, no, no that is cheating.

(Students: Laughter.)

YB: You shake one-third hand, now come on let us shake hand as it should be, if this finger much touch, much touch the heart point, index finger much touch the hand point, and two thumbs must meet. Try to shake, it is a, see if you can create that feeling,

Student: (---).

Student: laughter.

YB: You know what I am saying. Now what you do? You shake hand like (?),

(Students: Laughter.)

YB: Because there is basic corruption in us that we are meeting somebody to want something and it is that not our fault which the lock of our affection as child. Sometimes you don't communicate or you talk too much la, lallaaaaa, lalal, lalaala llaaaa, what is this? Life is that kind of lalalalla. All right, now you stand up, oh you teach people how to talk right? Kind of that, yeah

Student: Yes sir.

YB: Okay talk to this class, we should have a salad as a lunch, convince them, lecture them.

(Students: Laughter.)

YB: No, wait, wait, wait I have to prepare you for the age of Aquarius, stop every thing else this is a time where you must learn how to speak, how to meet, how to be, it is a very simple thing.

(Students: Laughter.)

YB: The topic is,

Student: Yes.

YB: The class, you are telling all that they should eat salad as lunch.

Student: There is a word in Guru it is called Hariyawala and actually I love the word so much one time when I was reading it that I was going to ask for Siri Singh Sahib if I could change my name to Hariyawala,

(Students: Laughter.)

Student: He said, "Hari, Hari," but what it means is (?) and very green, and (?), and full of life, and Prana, and salad, and green vegetables

(Students: Laughter.)

Class clapping.

Student: (---)Will give you those qualities, they will make you full of life prana and extremely prosperous because basically it puts a lot of green energy into you aura and attacks that kind of prosperity to you, and it is a life food consequently you are light after you eat and we want to stay light and not heavy and we want to animate that green energy and I think that green goes to the fourth Chakra, the heart Chakra, so for all those good reason politeness and prosperity in love, in pranic energy, we should all have salad for lunch.

Students: clapping (applause).

YB: Good. I will like to add to this little, what she said is hundred percent true, but for god sake chew the salad.

(Students: Laughter.)

YB: Otherwise it will give the gas. No it is, it is right.

This is my third day to sticking you out my one-sixth diet. And today I had to eat Dal(?) because I was, what was coming out of with me was steel bars, now rest I don't explain, you understand.

(Students: Laughter)

YB: So I though I should have something to move something. Life is a movement, life is a,

Student: Movement.

YB: And life has a momentum, but you must move right through thoughts, through words, and through,

Student: (---).

YB: Now yesterday we had a class and we blessed ourselves right, Humee Hum Braham Hum. And I tell you something, I saw you when you were there and I didn't want to say one word when you finish the class. You were not yourself you were so beautiful in those few minutes, I was very proud of you, then I if I start appreciating, I will start talking we'll end up another half an hour, so let them go home and sleep in this bliss. You have every in you, fill in the sentence.

Students:

YB: You have every in you, fill in the sentence.

Students: (---).

YB: You have every value in you, transform every value into virtue so you can share and share because you care, you care you will be loved, you will be loved you will have opportunity, you have chances, you will have richness, and you live well. Don't hesitate to communicate a good thought. Don't hesitate to communicate a,

Students: Good thought.

YB: Right.

Students: Yes sir.

Student: The exercise is very simple, it is just vibratory system of our psyche, see like this and the tape is the same and it has to be around heart center. Eyes at the tip of the nose.

('Humee Hum Brahm Hum...' tape is played)

Side -B

(Tape)

YB: (Talks over music.)

Inhale deep, raise,

(The tape stops.)

your hands as that of steel where ever they are, tight like steel and cross the energy between two hands with a mental focus, let it go. Inhale deep, do the same with best of you, fire out.

Now this is last good chance, take it, deep, deep, deep, deep and now every molecule, muscle, and body must be so tough, stitch it together, fire out. See you are how good, you are so fast, you got into, but you do in the morning if this exercise like it is. You'll find in practical mean what ecstasy is.

There are two main in formations today, this is, who died in...?

Student: (---).....

YB: Aah.

Students:.....

YB: Last Friday, Sadanand, aah, what happened?

Students: (---).

YB: What he was doing?

Students: (---).

YB: What a head on!

Students: (---).

YB: Aaah

Students: (---).

YB: And what happened to his driver?

Students: (---).

YB: aah

Students(---).

YB: Could you somebody check this out?

Other thing is Guru Baachan's mother passed away. Kaur's you know, so Bibiji has to fly last night. These are the good news. You don't know, When a journey life finishes it is a good news, you think it is a bad news, right. This is a bad news, cookies and punch will be served.

Students: Laughter.

YB: In honor of Amrit Singh (?), Isn't it?

(‘On this day....’ tape is played.)

(The tape stops.)

YB: ‘Saaaaaaaaaaaaaat Nam....,’

Student: Chanting ‘Saaaaaaaaaaaaaat Nam....,’

YB: May your spirit protect you, may your spirit prevail on you, may your spirit project you into your hemisphere of prosperity, power, grace, and dignity. May you live and let live all what there is, may you humble and after you can flow through all, is the most subtle corners of life to enjoy the totality of infinity. May this day bring peace, prosperity and grace. Sat Nam

Students: Sat Nam.

YB: Now do you remember what we are going this Saturday?

Students: (----)

YB: Aah.

Students” (----).

YB: We are building a campus of the university in our area. This is the first step being taken to teach us and Punjabi University of Patiala is coming out with this and we should make the grounds look really good and everybody should participate. It is humungus expense which you all see how we are going to solve, but right now we have to make the house ready. So dedication of a day Seva and If you start learning it will get establish, we'll benefit through our generations. Please understand that once for all. And inside the building we have to do it in a way that we do not ruin the beauty of the building. I was told, I was told something I don't want to discuss. Now I have got cookies, so I should not talk.

(Students: Laughter.)

YB: And I have to eat one-sixth of the cookies just see, just see.

(Students: Laughter)

YB: Everything one-sixth.

So Jathadar, everything will be ready?

Student: Yes sir (?).

YB: You know we, we used to raise(?), remembers those days?

(Students: Laughter)

YB: This is what we are going to do. Give my (?). This Saturday we'll dedicate.

Students: (----).

YB: Have we plan the house how we are going to...

(Students: Laughter.)

YB: I am going to request my ducks and emus to go there and help you guys on Saturday.

(Students: Laughter.)

YB: Oh, these days do you hear the peacocks?

Student: (----).

YB: Isn't a fun to hear them?

Student: (----).

YB: If anybody can help me to find few white peacocks because my male peacock is single and very lonely.

(Students: Laughter.)

Student: (----).

YB: And I am very sentimental about it. Have you seen those little two pot belly pigs we bought, it is worth seeing, those who overeat should see them.

(Students: Laughter.)

YB: it is really something to learn. I think soon we have to make a pad and put it around like a situation so they may not start rubbing their belly with the ground.

(Students: Laughter.)

YB: You can't even see their legs. It's a fun to watch.

We are having a male goats and my manager will tell you how you can help them. How can they help you with male goats?

Student: (----).

YB: No, no females we are going to keep.

(Students: Laughter.)

YB: We have so many male goats right. So we will give for adoption?

Student: (----).

YB: We will find homes for male goats right? It's a very funny to find a goat, but how many minutes old she was? Fifteen, ten minutes, it was very clean.

Student: (----).

YB: Aaah

Student: (----).

YB: We will do what?

Student: (----).

YB: Oh you have to buy goat milk, this is a executive order from Amrita.

Student: Oh no.

YB: Amrita says by goat milk.

Student: (----).

YB: Amrita!

Student: (----).

YB: No, no it has cost lot of money, it is refrigerators, machinely milked, and all that stuff. The goat says, "Buy my milk."

So I can get a good food Alpha, alpha, and all that other good stuff. You know why God created goat?

Student: (----).

YB: You can adopt a goat and make your goat eat a particular food, particular herb, or particular anything, that will come in milk.

Student: Wow.

YB: It is thousand time stronger as a medicine. What is that woman who have tried everything in the world and couldn't sleep? And what is that herb which puts you to sleep?

Student: (----).

YB: Something, Kava, kava, oh kava kava is dangerous. Once I had four capsules (?)

(Students: Laughter.)

YB: So they, they fed the goats.

Mahatma Gandhi had goats, h his goat eats banana, grapes, pistachio-nuts, walnuts and everything and he had a very chronic disease which nobody could cure of the highest blood pressure no man can live under, but he live on goat milk and gave goats fruits, and herbs, and kept his blood pressure under control. And if you, if you want to take a herb which should affect you thousand time over, then transform, request the goat, do it for you. And we will have a special arrangement to take your herbs and put a bucket around the neck of the goats so we can eat out of that particular bucket for you, and we will preserve that milk. We want you to be healthy at any cost.

(Students: Laughter.)

YB: Goats do not get effected. What is that herb which give you (?)? Try to give a goat a (?) and then take the milk see what it does.

(Students: Laughter.)

YB: No, no I am not kidding.

(Students: Laughter.)

YB: The herbs are transformed to a great potency through goat milk and goat eats everything. In the India there is a very poisonous small bush and nobody can eat it, but people who have goats they go and the people who wants that milk tell them that there is my goat it should eat that leaves of that plant and thy get milk they get heal.

Student: (----).

YB: Aah.

Student: (----).

YB: So I am, I am healed on one-sixth vegetables and

Student: (----).

YB: One-sixth, one-sixth, vegetables, Har Gobind Mahan hai, sarab Shakti Mahan Hai...., It's very painful to start with, but I am trying to understand the benefit. One part to God, one part is a Guru, one part to me, out of me one part to the doctor, one part to my health, and one part me, One-sixth man and prayer, wow. I think we, I got to go, I have a phone call to make...

Student: (----).

YB: Thank you. How are you? (?)...

Students: Come to me.