

Once upon a time there live a man in India. He never dreamt in his life that he shall be a man of religion. He became a yogi, not because he wanted it, because he studied well and found out there are possibilities that man can

Sometimes you can produce lot of sounds for it. You can freeze. You can move. You can split, you can bifurcate. You can do million things. After all, it was the sound which created the universe. It was the light which created the sound. You know that. Light came first and that created the sound and sound created the universe. God didn't do it all. That is why father, son, and holy ghost. Brahma, Vishnu, Mahesh. Trinity of circumstances. Body, mind and soul. Everything is three. One is one, two is existence, three is all, four is ecstasy.

harness God's power and become part of it. He did it successfully. He was a householder. He was a government officer. People used to dread him for his straightforwardness. He was clean, he was clear, he was who he was. Circumstances forced him to go to Soviet Union which he didn't want to go. So somehow he fled to Canada. Hand of God guided him to United States twenty three years ago and some day over. Three days over. So in that situation here I am and I taught in Hollywood and I was Hollywood guru as comparatively more comfortable than Dr. Saram is. Saram is their doctor. I was their Yogi, I was more emotional because I knew more yogi hunters than he knows. In those

days it was a very good trend to see a yogi or a swami or all that and adapt him like one of the entourage. So I saw myself going through all that and then came a summer I saw Hollywood and I saw the situation very clearly. These people are very good actors and actresses producer and directors but they are for the earth. They do not know heavens. And I have very great difficulty to come to the earth. And they thought a man without money, without home, doesn't know the difference between a boulevard and a freeway and a highway could be purchased and as you purchase, decorations. Normally people buy decorations and we spiritual people are decoration to a lot of people. Like a license, like a degree, they put it on a wall. So these yogis and swamis and spiritual teachers were decorations. I saw that, I realized. It was a great opportunity. There was money, there was fame, name it. Name it, all that stuff you are talking about. Sex was free. Food was gourmet and one of my student, the biggest queen of the lesbian was one of my student too. So it is not that variety of the people were all kosher. I started in the middle of Hollywood. That building stands there nine hundred and nine thousand or something. And right there I lived and our first ashram was bought there and that is how the story goes. I have gone through the fact finding mission but somehow I feel now in the age of Aquarius, either you will suffer too much or you will not suffer at all. It is a very dividing period. It is not a period in which you can face. Your falsehood that as a United States you can do anything you want and you are world leader. You are not learning from Soviet Union who wanted me to come and teach their armies how to maneuver war with a psychopathy for which I am the most expert human being. And that is what they wanted to pick me up for and I refused. I ran, I resigned and I left. I didn't have any idea that I can do that. But when I came to United States same offer was offered but in a democratic way and I told them, I just fell in Canada and I have some mental damage and I don't read and I don't see things and I am just a little crazy. They wanted to give me a job. I said, "I don't know what to do. Sometimes I start taking a pen and writing other way." I am a yogi, I can do anything I want so I convinced them I am a little bit crazy. I am a little bit off, I am a little bit shocked, I don't have a family. I feel horrible. So they thought perhaps that was all gimmick and I acted perfect. Within two months misfortune hit me. I hit the front page of Globe and Mail, which is their national paper and somehow coincidence brought me to Los Angeles. Here I saw immediately my survival with the Hollywood crowd but than God in five months I learned who they are. Because I found out people who can play a role are not real. So when you say I am sorry I don't have a role model I say you are lucky, you say you are miserable. I say, "You have you, you are lucky." You say, "I want a role model." And a lot of people hate me and I love it when they hate me and I create that hatred because I have never liked to hold the pinky of somebody and make him walk. I don't do that. I am a very corrupt man, absolutely corrupt to the teeth because I believe I am just one step less corrupt than real corruption and I feel all of those who lead each other are the most real corrupt, dishonest, corrupt, living lies and absolutely do not trust God, doesn't matter what they say. All you can do is put before a man pros and cons, tell a person high and low. Let individual created by almighty God absolutely decide what he and she wants to do. Don't force choice on people. That is why I have not. In spite of the fact I am very corrupt. Because I know the truth and when you know the truth and you put truth and non truth together for somebody it is not real but that is what we do. Therefore the whole world practice corruption and that is why there is a pain in life. Pain is not that God gave you pain. Pain is not that you are tragic. Pain is not that there is something wrong with you. Pain is that you want to lay the network of your emotions and when the fish doesn't come in it gives you pain and when it comes in it gives you pain then you have to burn a fire, cook it, eat it, digest it. You do not know either of the way. That is a human pain. You go, what you know to go for. If you are little bit honest then tell everybody what is day and what is night. Let them choose when

they want to sleep. It is none of your choice. Lay the rules as they are. Don't try to interpret for somebody. I always say something and I say sometimes very heavy words as I just said. I am very, very corrupt. I read your aura. You can't take a word. You do not know God at all. You cannot see God in all, you cannot see God at all. One word corrupt makes you go berserk. Every aura was grey in a second. One word. That is all it is your value and you call yourself human. You call yourself human with absolutely no tolerance, no understanding, no depth. I always say I play billiards, pool, you hit the thirteen to get to twelve to hit the second and get the nine in. It is very difficult to hear the truth. It is most difficult to speak it. You live in Los Angeles, I started here. I know your pain. I have started teaching differently. Purpose is. United States is going through very heavy time. There is nothing I can do about it. I said in 1972, I am saying it again. You shall go through a rigmarole of time, you have never seen, heard and cared for. And I tell you how much media is powerful. President Bush while eating a dinner, official dinner. I mean it is all set. Naturally cameras are there because this tour was to let people know that I am doing something. They won't show him eating a fish or a carrot or a cauliflower which he doesn't like broccoli. It was not that somebody put a layer of broccoli about him and he fainted. That is not true. He fainted and they say it was a cold and flu. If Americans can buy that cold and flu can make you freak out on an official dinner as the head of the state well then I don't exist. You are not seeing me. I am an incarnation of almighty God and I am just here. I do not know myself what for. What is this going on. Same way your economy is right, your jobs are being produced. Japanese are going to give you all what you need. They are going to pack you up in a Toyota and put you in the ocean. That is what you are going to get into. You are lucky. You are stupidly lucky. Because in two hundred years you have all the tremendous country, most beautiful. There was nothing like it on the planet. It was balanced, it was beautiful, it is bountiful, it was blissful. You have the technique and greed to exploit every corner of it. You did it well. Now my children of this part of the planet you shall pay it with full interest. You are the only one tragic nation who lives on a credit economy. I have my masters in economics. You buy first and you take a credit first and you pay eighteen percent first. No business on this planet makes ten to fifteen percent net. You take the risk of paying eighteen percent interest and you call yourself human? You live on those credit cards. You think you do not throw away your blood. Money does not come to you by stealing. You work hard for it and you call those easy payments. You are working for a network which even devil couldn't make it. One day I was in the court of God and I was talking to devil and I said, "How are you doing?" He said, "I am doing very well, fine, don't you feel it?" I said, "No, I am not." He said, "You have my card with you." He said, "I have two cards, credit cards and I can buy anything on them. Why don't you use it?" I said, "When I see them I see you in them. You want to take eighteen percent of my blood and my meat and the side of it is ugly." If as Americans you want to survive take your credit cards and send it to President Bush and write it down, they look to us as a plate of broccoli. Am I doing a better job than Johnny Carson? My dear folks yoga is not a religion, it is not anything and anybody can teach anything. The purpose to teach Kundalini Yoga in United States was to give you vitality so that you can enjoy your virtues. It was done as a compassionate act against falling apart American youth and lot of people were suffering. It was just to stop that suffering. It is a single man crusade. I do not claim I am right, I am not claiming I am wrong. I am not claiming I am honest, I am not claiming I am dishonest. I am not claiming I am a yogi, I am not claiming I am not a yogi. I am not saying I am not corrupt. I am not saying I am corrupt. Actually to be very honest I care two hoots for you and your economy and your standard and your system. All I know is one thing you are all suffering and I don't like people to suffer. Simple. Let's cut the meat and get to the bone they say. I believe that happiness is my fundamental right. And I believe I am the biggest actor when I complain and I feel miserable and horrible. Actually I just share with you because you are miserable and horrible. I just establish the communication. I have no problem. What do I lose? I came here thirty five dollars and somebody lived me. Shakti's son lent me bush shirt and I have polka dot turban and look at how decked up I am tonight. Just watch. You know what I mean? Everybody thinks. Most of my students they think I live off them and majority of them live off me. And I know how stupid some of them are. I told somebody, I said, "You are going to be very rich soon." He said, "No, thank God it should be true. I don't believe it." I said, "You know that is true. I give you six months if you turn this thing whole out it will be perfect." They never listen. God gave you two ears to listen. The fact is you have ears you don't listen, you have eyes you don't see. You have nose you don't smell. You have tongue you don't taste. You have body you don't nurture. You have life you don't live and then you want everything to happen to you. Isn't that a joke? In the beginning you are you, in the middle you are you, in the end you are you because God made you what you are you. I didn't design your nose, I am not going to design your eyes, I don't design your lips. I didn't do a one thing and I am not going to do anything. All I do is that I have an art of a science know to me that I can stimulate your own energy through your own chakra and make you feel good. I can make your glands secrete so that your chemistry of blood can be healthy so your organ can work right and I can see you have a good time. I am so sick and tired of claims and explanations and all those kind of things. I did it all as a total lie because it was a Piscean Age, it was the age was I want to know help me. Age of Aquarius which has started now

I know, I will help you. So you all have to do it, not one person. Tonight is my real class. I promise you I will give you a good class. I will. Last night I was giving you an introduction. I wanted you to eat one of the more energetic food and that is orange juice and black pepper. I like you to go through it as much as you can through this months before you move on to the spring. Why I am saying? Black pepper is a very energetic thing and then it is done with citric food. It produces a chemical in the body which is highly beautifying, cleansing, smartly lightening. I am not giving you a diet. Don't call this. what board we went and we told them to eat that thing when there was flu. What is that Board you doctors have practicing. It is something with the county. Where I have to send my attorneys because I told them to eat those pancakes and they will not have flu. What kind of Americans you are you do not know your government administration? It is a Board of Equalization and practices or something. They send me a notice that you have practiced medicine without license and you are supposed to appear otherwise your license as a yogi will be removed. You can appear in person or through an attorney and my Chancellor who is now assistant Attorney General in State of New Mexico flew from San Francisco and went and appeared and he took a few of those pancakes with a few herbs and lot of people were suffering and sneezing. He gave them all. They all got healed and thanked him and matter ended. But letter was sent. So this is a great country. You can't practice anything here and if you want you can practice everything. Simply it is country where people don't have a face and they don't have a grace. They have everything else. You are always on sale because you want to be pleasing somebody. You always compromise your grace because you want something. So long you please somebody and want something and you don't please yourself and want yourself you will continue. That is the way it is. I am not teaching you because God spoke to me this morning. I am sitting on my butt and trying my best. Wake up you idiots. Time is going to come hard, it is going to hit us heavy and we don't have to worry because we have all the energy in us. Let us build our guts and we will be fine. Neither the medicine nor the money, nor your gimmicks are going to work. Only thing one is going to work, you for you. Even I can't work for you. I can tell you how to do it. You have got to do it. Five years I have been lying down in hospital to hospital, finally I have to cure myself. I have to heal myself. Money can't buy health. Money can't buy character. Money can't buy not contentment. Money cannot buy love. Money can only buy a satisfaction to you which is false. It is your sentiments, your devotion, your dedication money represents. Money is what money does, where you use it. Health is what health does, the way you do it. You are the way you are. You are the way you are. What you are, what you do. That is why Nanak the guru said, "Karmee apo apanee keh nereh ke dur." Action decides whether you are near God or not. If you are frowning, flunking and freak, you can't be divine. If you are divine, absolutely undivided and you are totally contained and content you are loved. Nobody can deny it. Tonight I am working on the very inner things which is very simple and there is no complication about it. I am working on thing called adrenals. They add. You have a blown up adrenals. Adrenal is a one little stuff which is in between the kidneys and the bloodstream and the heart. It doesn't have anything. I ask adrenals, what do you do? They say you only get up from the bed because I am in it. And you only can sleep when I want it. I said, "Is there something bother you?" He said, "Coffee." I said, "Anything else?" He said, "Liquor all sorts." He gave me long list. I said, "Shut up. Nobody can understand. Adrenals. So I am going to name it differently. "Ad renals." To become rhino and dance on the tip of the horn tonight. **Let us start.** 26,50

Kriya 11 minutes Hold these two fingers. You are going to let them loose when you do the exercise so hold them tight under the tongue and stay very clearly and this is the spot we are **going to move and you are going to move whole body. Just go in a weird circle but see that. In other words what I am trying to tell you. Try to look lunatic. That is the only best word I can describe. Try to look lunatic.** You know those people who are drunk and they cannot dance which has no rhythm and that kind of stuff. Just get, move your rib cage and move yourself and as the energy you will use adrenal will try to match and they only will match if liver starts behaving. If the liver starts behaving you have the day. Your liver never behaves. Move fanatically, irrationally and look lunatic. Yeah, just go crazy with this. But keep the circle going correct. Everything should be wrong. Rhythm should be here. Because just understand. This is a Jupiter, this is a Saturn, these are two gurus. They are the highest energy in the body. Keep them in respectable circle. Rest, every



understand what I can produce with this sound. This is the sound of the om which nobody can chant or is supposed to speak, not a word and actually it is the sound of infinity in a man. It is combining the conch which is in the top of the nostril and the fire comes through the nose and the man is elevated in one, two experience. You totally refresh yourself. It is not difficult. That is why Guru Nanak gave the word, EkOooooonnnnnngKar. Nobody understand why. It is very simple thing. It was for a householder to chant the same thing. It is easy. I found out later after practicing all that. If I found out that I would have saved a long time. If you say, Ik, then you are set then other is Ik ong. **Sometimes you can produce lot of sounds for it. You can freeze. You can move. You can split, you can bifurcate. You can do million things. After all, it was the sound which created the universe.** It was the light which created the sound. You know that. Light came first and that created the sound and sound created the universe. **God didn't do it all. That is why father, son, and holy ghost. Brahma, Vishnu, Mahesh. Trinity of circumstances. Body, mind and soul. Everything is three.** One is one, two is existence, three is all, four is ecstasy. When I come back from this tour of the Orient I am going to Thailand and Hong Kong, that area, that is all that area. I shall be back and I will be gone to New Mexico a few days. I have some obligation to my home state. I have to open the legislature because this is the Aquarian Age so I have to talk to the Democratic Women of the United States, representative there of including the state women and I have to speak to the Hall of Fame where they are honored to which I am already honoree and then I will back with you and teach you a few classes that you can welcome the spring. I am sorry. I have been cheating. I have been running around and I have been in New Mexico which I like very much and I was not too much in Los Angeles and I didn't teach a lot of classes which normally I teach but just understand I am supposed to retire also. I did my part very well. I helped everybody very clearly and freely. I have to do a lot of jobs. I have to create a lot of jobs for my young teenage second generations which is coming and following us. I have to do a lot of work. But I honestly at least teach two classes. I hope we will meet again. This is the yoga center. This is your center. We just set it up for you. Come, enjoy it, it is a good thing. There are a lot of good teachers here who can be helped. You know I am a funny guy. I can do anything I want. You like it. But you have to become funny guy to do whatever you like and there is only one thing you have, vitality, inner vitality. You need inner vitality to enjoy outside virtue. Don't move your psyche by logic, that is psychology. Don't move your psyche by reason. That is rationale. Move your psyche by infinity. That is bliss. May the long time sun.....You know this is one song which is the song of the sixties and we have never left a class without it. I don't who sang it and why they sang it but I liked it. It is a very clear, clear prayer.