

SUMMARY MEDITATION:

[Click to audio Kriya](#)

That's their power. Because a person who is right, is accommodating. Person who is wrong, he is pushing.

(20:50) **Tolerance is the mother of courage. Tolerance.....**

Students: Tolerance is the mother of courage.

YB: **When you are not tolerant, you have no courage.** You are a coward. But nobody can tell you that. You beat him up. Now, this is a exercise between, between your this thing called id, we call it (?) or scalp, whatever that is, it has twenty six parts. Khopdi, your scalp has.....

Students: Twenty six parts.

YB: Twenty six bone parts. **And you are going to do your cranial adjustment by this, this exercise. Kriya 18 minutes:** You understand what I am saying? **So this is right, this is your sun, and this is your moon. This is as you are holding the magnetic field of the earth and this is you are holding the heavens, when you are in this posture please and close your eyes, totally. Don't see at all. And see the hands are flat.** That's all you have to do. **Rest will all happen.** The palm of the hand in both cases is flat. That's all. **And breathe long and deep. Give yourself a long breath, you can have a long life.**

Come on, Beverly Hill, you are late. Come my friend, there is no space there. Oh good. You got in.

Close your eyes, and look at your eyeballs. Find out what sees through these eyeballs. Concentrate. Give yourself a long, tall breath. Calm down. Be very peaceful. You know, just act like it is a situation which is for you and is priceless for you. That's how effectively you should look at it. At a certain stage you are going to pass into a twilight zone where your head will feel like a lead. If you continue breathing very long breath in and out and you concentrate on your eyeballs. This will affect the motor part of the brain and demand a balance. So demand a balance mean it start balancing right from the top that is the skull, then it will end up balancing your jaws, then will start (?) balancing your C1 and all that stuff down to the (?). It will start balancing the structure automatically, you don't have to do anything. These postures put you in control of heavens and earth at the same time. Your breath triggers it. Commands that control. So it should be long and deep. And with a minute or two, you are going to enter miserable time, you are going (?) your body is going to start freaking out, and one way or the other your neck will start working, your shoulder will start toughing out, just ignore.

Conquer the inconvenience. If you really trust and believe in God and think He made you, you are made in God, then there should be no fear. Then you should be nothing but living grace. It is the maturity which bring prosperity. Not schemes and games and manipulations. Now you will be entering a glandular system area, your glands will start secreting differently under this balance pressure and the circulation of the blood and the chemistry of blood has to reform itself to its originality, therefore you will have pressure in the throat some may feel in the chest, some may feel in the belly, some may start passing wind, it can all happen. And we know it happens. So it's not something very abnormal. It is just looking, in some cases you will look super abnormally miserable and some cases it will be just itch. I mean, it, it varies with people. If you are breathing long and deep and hold, holding to this pattern of (?) long breath, then you are achieving something which is fabulous. Enrich yourself to concentrate on your eyeballs, which see for you everything. Bear with me and your honesty will be rewarded for your sake, I am not going to get any commission out of it, but do it right. Be a good student. Master the situation, it will help. Do not try to stop yawning or coughing or anything. This is normal. Please don't move, stabilize yourself.



SIDE - B

I know from my physical body that I am going through the (?) you are going through the worst of it, so it's okay, don't misunderstand me, but let me go through it rather you sustain and you gain. I am a practitioner of it, so it's all right for me. Stabilize, stabilize your posture, please. If there is a burning sensation in the spine which might (?) some people, don't consider that it's something abnormal, it's, it can happen because the serum in the spine start changing and it also reflects with the gray matter, so it sometime in cases happens and it's very annoying and irritating, but it's all right. Stabilize with your maximum capacity. All right. Nobody is born saint, but because everybody is a saint, simply you have been told you are not, call on your saintliness, call on your courage, call on your grace, call on your being angelic. You are only weak as much you know you are. Conquer the trouble and reach for the triumph. Reach out.

Now you are going to enter solid state, either you are in it or you are not. So it is a challenging situation and please make your posture as good as you are and make your breath as long as it is and make your eye contact with your eyeballs, that, that you are in control and as couple minutes you are going to reap the reward of it, therefore you should concentrate perfectly.

Steady, steady, steady, steady.....

You have two and a half minutes more to go, that's it. And my apologies, just don't move. Steady.

It's a minute and a half, no more that's all, it's not big deal.

Become the masters for this last minute. Be the masters of yourself. These sixty seconds can make you or mar you. Exercise your full control.

(38:18) Standby, inhale deep, make a fist of your both hand and press your chest as powerfully as you can. Press your ribcage please as powerfully as you can. Breathe out, inhale deep, press your navel point please and press as hard as you can. Use your entire energy and force. Breathe out, inhale deep and make your fist now like this and squeeze your ribcage, squeeze. Squeeze so that all the blood can go up or down, try your best. Relax.(39:22)

LECTURE

Please sit down and have a fun. Okay, in every religion, in every philosophy, in every practice, there is a promise, there is a....

Students: Promise.

YB: Promise that man can live free of fear. And it's true, if you are not free of fear, it's just like you are sitting with a sword hanging on your head. Doesn't matter how religious you are and where you are. And who you are and what you are talking about. That doesn't make any sense. So, how this fear cannot be with a person. That's the question. Fear shall not be with a person if person has a developed intuition. That means that person can see into that person's tomorrow. And thus that person will have no sorrow. That's a fact. But if a person does not have his intuition, then there is a blinder for tomorrow. Then it's a guess work. Then you go to psychic, then you go to psychologist, you go to psychiatrist, you go to, what they call (?) astrologers, you, you read tarot cards, you do everything in the world. Psychology, neurology, guesswork.

Once I experimented. There were about two hundred people sitting, odd people and I was one who was sit and wait. I was every new to United States. So I took somebody's hand and started looking at it. You believe I drew the attention of everybody? In one second? And all wanted to get their hand read? Because it's a very unique feeling in us that we want to know. But there is a tragedy with us. We do not want to know ourself our self what our tomorrow is. We don't. We base our tomorrow on our feelings of yesterday. And we like to process out today for our tomorrow including our yesterday. But unfortunately we have only capacity of ten percent. And ten percent is another object. Subject object ten percent, ten percent. Eighty percent in unknown

Things can go haywire, things can go great, things can go right, things can go wrong. Nobody is competent enough.

"Tith vaarna yogi janey ruth va na koe. Kya kartha srishti ko sajeu apay janeey."

So these are the words of Nanak. Only God alone knows what is all about. And if you think God is not that much sophisticated, just imagine the height of sophistication, the earth is rotating right now. Do you feel it? You just know it. Something in you know it is happening right this minute. As we are talking. The earth is rotating, you have no feeling. You don't feel.

First time when I went to go to Anchorage, Alaska, I say, "Wait a minute, earth moves slow here, in proportionate to Los Angeles." I could feel the difference. And there is a difference. But do normal people feel it? No, not at all. They don't care. Still our expression is, sun rises in the morning. Sun rise, that much time. Sun set that much time. And we know that neither sun rises nor sun sets. So in our existence, it's called convenience of terminology. We have developed certain things out of fear which our terminology has a convenience terminology. Life has become a convenience terminology.

Once I went to my doctor and there was a nurse in his (?). And I looked at her and I say,

"Wow."

She had hair goes down and then come up and then come up and so she made a bundle out of it. So I ask her, I said,

"How long your hair are?"

She said, "My hair are long like one length, full length and then up length. That much. So months couple later I went and she had a boycut hair. I mean (?) it's all gone. And I say,

"What happened to your hair?"

She say, "It was very difficult to maintain them, so one day I got tired, I cut it out, but unfortunately along with that came a divorce."

I say, "What do you mean divorce?"

She say, "When I did this, I went home and my husband looked at me and he said, 'I don't know you.'"

I say, "He didn't love you, he love your hair."

She say, "As far as I know, yes. For him, it was a matter of principle."

I say, "How you feel now?"

She say, "Feel, I feel I don't exist either."

So you can do something without any deep understanding or any deep knowledge or deep feeling how things will affect you. And it's not only that you should be only intuitive. You should also be conscious. **Intuition will tell you panoramically what is your tomorrow, conscious will guide you to that tomorrow. Without consciousness and without intuition, your life is not better than the cat you have in your house as a pet. You are a impulsive living two legged mammal.** And your real name is earthling. That's what you are asked, called in scriptures. Because you are breathing, you don't know your breathing. Until you consciously start breathing, you do not know it's, it's (?).

You are living, you are looking, you are going, life becomes a pure routine. And you are just become a slave of the ribcage. The breath comes, breath goes and your soul is right here and it's going on until the life you breathe your last. In the end you have ever to realize you never realized today, you are not going to realize in the end, what you are born for. What was it? If you have to know in the end what was it, may I know what is it now? What are you born for? Is it that you are on sale? I, I went to Beverly Hill today and it was written, 'Seventy percent off.' What is it? What is our structure? It is wrong to be graceful, it's wrong to be old, it's wrong to be human, it's wrong to be yourself knowing, being wise, being wizard. Fully, fully, completely totally yourself. So long you will not learn, things, let things comes to you, you can never be happy. That's a principle happiness. Law of happiness is let things comes to you. What comes you will make you happy, what you go after shall make you miserable. First going will make you sweat and miserable, when you get it, you can't handle it.

Have (?) heard the story of that man and his hunting? Somebody was sitting and he was with bow and arrow and it was just hiding himself. This guy went and he said, "What are you doing here?"

He say, "Well, I am sitting here to hunt something."

He said, "You mean something is going is going to come here and tell you to kill?"

He say, "Well. If I am to be fed something has to do that and I have to do my job."

He say, "Nothing happens that way. I am going. I am going to find out, I am going to hunt."

So he let go. Four, five days later, this guy in-between found something, he hunted, he ate, he had a fun. Four, five days a party came, search party, he asked them, "What happened?"

He say, "From our village such and such (?) went (?) never came back."

So out of curiosity he joined them. He found, yes he went long way and he hunted it here, but he died of fatigue. You know, he hunted all right, but he died of fatigue. He didn't get to do anything. So all that hunted (?) was eaten up by other animals, and he was lying that there, half-eaten himself. That's exact your story.

Now. You go on a date, you look good. You look expensive, you look righteous, you look fantastic, right? And somehow, what they call, seducing the person? So you induce yourself, no you introduce yourself, then you induce yourself and then you seduce everything. Correct? And you reduce yourself to your immoral, unethical corrupt self. But later on when the reality faces it, then it comes up. You know, what they call it? The dead comes to the surface. And then what happens. Your friendship is gone, your marriage is gone, your divorce happens, your everything is out of the window. Because you were not honest to start with. You were not you. You covered yourself, you camouflaged yourself. You lied about yourself. You presented yourself in a circumstances in time and space, so you can look attractive. So, you attracted, everything you attract, you reject. Newton law of third, action has a reaction equal and opposite. Don't you understand that? If somebody else has to come to teach you, it's a law of physics. Anything you will get, you will give. You shall not be in a position to maintain it. Because you don't have a biorhythm, I mean you can check it on the biofeedback. You don't have a biorhythm to control your frequency of magnetic self, constantly the same all the time.

Body does go through changes. Sometime you are very happy. Sometime you are very sad. There is nothing wrong to be sad. Just take your blanket over. The best thing is the, these Mexican guys, they put their thing down and they go like this. And they pass that turning, then when they are over, they take it up and they are all alive. It's not very wise when you are down, you start show off. It's ridiculous. Don't show your naked belly, though your shirt is torn. You understand that? If you want to share, and you care, then share your best positive self. No more, no less. And once a while, through these classes which I am teaching and they will end up in forty days, many of you will come, many will (?), because you are a window-shoppers, you know, you are not realistic. So that's where the problem is, but you, if you keep on practicing you will develop intuition. And then you will be start living. I am not teaching you a book or initiating you or promising you God. Na. I am just telling you you have a dormant faculty in you that is power of your own intuition. And if that is developed, then your life will be yours totally, completely and systematically.

Was it a good talk? Was it? And I did speak slowly, yeah. Some people are complaining that when I speak, they just get so bewitched, they can't hear me. So I have, today I have, I have changed my style. I am talking very para(?), right? Okay. Next Monday I am supposed to teach and there is a Academy award that day. No, no, no, no, some people, majority of our students are not interested and they say they are not interested, but that's not a fact. They are interested.

Student: (-----).

YB: Oh, whenever it is, I mean to say, I am just asking pre-hand situation that there is a one Monday on which this Academy award happens to be there. Would you like the class that day shifted or you...? Because I though, I am trying to, I am trying to say, I am trying to say this. I am trying to, I, I (?) trying to play honest myself. I am not worried about you whether you come or not. That's not my policy. My policy is that at least I taught for those who come. That's my policy. And that's what I a have

done in last twenty five years. I have never thought it is compulsory for the students who study, but the gringos knows what study is. You were just here, there, tomorrow there, but it's very serious, because now is the Age of Aquarius, until you do not have developed consciousness, applied consciousness, you cannot use, (?) you have not a developed consciousness you cannot use your applied consciousness and if you don't have intuition, you will be freaking out, because the information will be humungus. And you do not know where to do.

So, let us now start working on our today's class. Right? Now. Now listen. In the center of the brain, now I talk in the old language, there is a string of stars. I am not saying neurological, (?) and all that words, I know all that English, don't give me that. Forget it. I am not saying. There is a string of the stars and it shines in double layer to the fourteen and it has seven self to it. I am, I am just literally translating now. And sometime, there are some dead shining stars which need comfort, to be removed and healed. If all there is light, that exist human can see all in self and all surrounding, which in English we call intuition. You understand? This ends these things, too.

I was giving Dr. Sat Kaur that book on sex in which century old tradition that man is having sex with woman and he is beating them up and having a sex at the same time. (?) told her, it's a century old tradition, don't worry about it, so you won't believe it, let me see it in this old book. So I mean, human has changed very much. If you have a misunderstanding that everything is very new and fresh, no, it's not true. Human has a simple thing. Human has philosophy. And human has feelings. Philosophy and feelings and then they work with their, what you call it? Ideas or faith or, or, or (neurosis) {within bracket you can write whole thing as neurosis}. **That's their power. Because a person who is right, is accommodating. Person who is wrong, he is pushing.**

(20:50) **Tolerance is the mother of courage. Tolerance.....**

Students: Tolerance is the mother of courage.

YB: **When you are not tolerant, you have no courage.** You are a coward. But nobody can tell you that. You beat him up. Now, this is a exercise between, between your this thing called id, we call it (?) or scalp, whatever that is, it has twenty six parts. Khopdi, your scalp has.....

Students: Twenty six parts.

YB: Twenty six bone parts. **And you are going to do your cranial adjustment by this, this exercise.** You understand what



I am saying? **So this is right, this is your sun, and this is your moon. This is as you are holding the magnetic field of the earth and this is you are holding the heavens, when you are in this posture please and close your eyes, totally. Don't see at all. And see the hands are flat. That's all you have to do. Rest will all happen.** The palm of the hand in both cases is flat. That's all. **And breathe long and deep. Give yourself a long breath, you can have a long life.**

Come on, Beverly Hill, you are late. Come my friend, there is no space there. Oh good. You got in.

Close your eyes, and look at your eyeballs. Find out what sees through these eyeballs. Concentrate. Give yourself a long, tall breath. Calm down. Be very peaceful. You know, just act like it is a situation which is for you and is priceless for you. That's how effectively you should look at it. At a

certain stage you are going to pass into a twilight zone where your head will feel like a lead. If you continue breathing very long breath in and out and you concentrate on your eyeballs. This will affect the motor part of the brain and demand a balance. So demand a balance mean it start balancing right from the top that is the skull, then it will end up balancing your jaws, then will start (?) balancing your C1 and all that stuff down to the (?). It will start balancing the structure automatically, you don't have to do anything. These postures put you in control of heavens and earth at the same time. Your breath triggers it. Commands that control. So it should be long and deep. And with a minute or two, you are going to enter miserable time, you are going (?) your body is going to start freaking out, and one way or the other your neck will start working, your shoulder will start toughing out, just ignore.

Conquer the inconvenience. If you really trust and believe in God and think He made you, you are made in God, then there should be no fear. Then you should be nothing but living grace. It is the maturity which bring prosperity. Not schemes and games and manipulations. Now you will be entering a glandular system area, your glands will start secreting differently under this balance pressure and the circulation of the blood and the chemistry of blood has to reform itself to its originality, therefore you will have pressure in the throat some may feel in the chest, some may feel in the belly, some may start passing wind, it can all happen. And we know it happens. So it's not something very abnormal. It is just looking, in some cases you will look super abnormally miserable and some cases it will be just itch. I mean, it, it varies with people. If you are breathing long and deep and hold, holding to this pattern of (?) long breath, then you are achieving something which is fabulous. Enrich yourself to concentrate on your eyeballs, which see for you everything. Bear with me and your honesty will be rewarded for your sake, I am not going to get any commission out of it, but do it right. Be a good student. Master the situation, it will help. Do not try to stop yawning or coughing or anything. This is normal. Please don't move, stabilize yourself.

SIDE - B

I know from my physical body that I am going through the (?) you are going through the worst of it, so it's okay, don't misunderstand me, but let me go through it rather you sustain and you gain. I am a practitioner of it, so it's all right for me. Stabilize, stabilize your posture, please. If there is a burning sensation in the spine which might (?) some people, don't consider that it's something abnormal, it's, it can happen because the serum in the spine start changing and it also reflects with the gray matter, so it sometime in cases happens and it's very annoying and irritating, but it's all right. Stabilize with your maximum capacity. All right. Nobody is born saint, but because everybody is a saint, simply you have been told you are not, call on your saintliness, call on your courage, call on your grace, call on your being angelic. You are only weak as much you know you are. Conquer the trouble and reach for the triumph. Reach out.

Now you are going to enter solid state, either you are in it or you are not. So it is a challenging situation and please make your posture as good as you are and make your breath as long as it is and make your eye contact with your eyeballs, that, that you are in control and as couple minutes you are going to reap the reward of it, therefore you should concentrate perfectly.

Steady, steady, steady, steady.....

You have two and a half minutes more to go, that's it. And my apologies, just don't move. Steady.

It's a minute and a half, no more that's all, it's not big deal.

Become the masters for this last minute. Be the masters of yourself. These sixty seconds can make you or mar you. Exercise your full control.

(38:18) Standby, inhale deep, make a fist of your both hand and press your chest as powerfully as you can. Press your ribcage please as powerfully as you can. Breathe out, inhale deep, press your navel point please and press as hard as you can. Use your entire energy and force. Breathe out, inhale deep and make your fist now like this and squeeze your ribcage, squeeze. Squeeze so that all the blood can go up or down, try your best. Relax.(39:22)

That's it, we did it, isn't? We did it. (?) that's more important than anything else. and tomorrow is Thursday, Friday, Saturday, Sunday. Do it at home, too. Doesn't take much time. Hmm?

So today is a birthday, whose birthday it is?

Student: (-----).

YB: And Wahe Guru Singh and included in it or not? He is not doctor? You are not included? God. Okay let us sing happy birthday, so we are entitled to cookies, right? Kiran is wonderful person.

(Students sing, "Happy birthday.....").

YB: (Over the song: And so many others and everybody and as we know....)

It's from the heart. Not from the head.

And now may the long time sun shine.....

(The class sings, "May the long time.....").

YB: This is our prayer, do it very authentically.

Blessed is the soul which starts from the Infinity the journey into the finite and passes through the opaqueness of the cause and effect to merge back into the Infinity of the Unknown, blessed are the care and the consciousness which gives us the power to see, to serve, to love through kindness and compassion, may we live in love and peace and respect the God given grace forever. Sat Nam.

You can switch on that. There are two cookies each, because there are two, double birthdays, so it's happening.