

**NM126 940309 True Love Series Class #4 Remove physical, mental & spiritual Constipation
It's a path to victory.**

Meditation Summary

Mudra: Sit in **easy pose** with a straight spine. Sit very still and steady. Don't move the chin.

Eyes: Closed.

Focus: Put your optical eyes down, and look through the chin (the moon center) with eyes closed. This will force your neck to be a little taller than usual, the chin to be pulled in a little bit more than usual, as well as your spine a little straighter.

Movement: Keeping your body very still and steady, begin to pump your belly as fast and hard as you can, without any particular breath. As many times you rhythmically pump the navel point, the third chakra, it will be help.

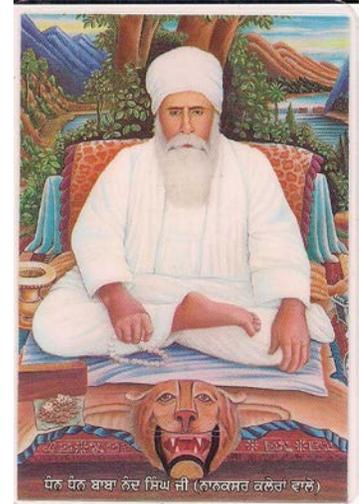
Tape: Indian Gurbani kirtan tape, by "Zakmi" is played. "We are going to play the tape, just to clear the atmosphere."

Time: 31 minutes.

End: Inhale and pump the navel point very quickly, while holding the breath in for 20 seconds. Exhale. Repeat three times total. Relax.

Comments/Effects: This particular posture (chin, neck and spine all pulled a little higher, straighter than normally) may cause you to get a slight headache within a few seconds, but this is a 'good' headache -- one which will take away the headache of your life. If you practice this exercise, looking at the moon point and **pumping with the navel point, you will bring the moon and sun together.** And as you grow with the experience, you will have unisoness. It can give you, at a certain stage, all the knowledge, you'll be able to hear all the sounds, all the strategies can come to you without any hardship. **It's a path to victory.**

There are three constipation: physical constipation, mental constipation or spiritual constipation. Spiritual constipation is very worst. You don't flow, there's no spirit behind you. There's no, nothing. You are just shallow, you just make noise, that's it. Mental constipation is you want to do, but you withdraw; you are untrustworthy. Physical constipation is you are very unsocial, very, very nag-nagging, very intolerant.



This meditation helps open certain chakras.



There is word you might have heard sometime. Word is called "kaam," kaam. Kaam is called lust. Kamana means religious desire or very intensive desire, called kamana. Kaam means lust, and kamana means desire, a desire for the lust. Kam means work, action, karma. Kam, kamana, kaam, dev, dayanth, naam -- these are six things you must remember.

Kam is action or reaction, which is caused by work. We all work, even those who do not work, they do not work, not to work, you understand? It's not that you do not work. Work you must, but when you do not work, then you work that you should not work, or may not have to work.

Kamana means desire. Body has an intellect, a section of the brain which it releases you, hundred thousand thought per wink of the eye. It's a humongus thing. It is not something... if you understand what I am telling you tonight, your life cannot have pain, unhappiness. That is what I am trying to relate to you this way.

There are certain things which are automatic, which is, which I don't have to do, and I don't have, not to do. This body is made with cause and effect, this body's cause will not create an effect. You don't have to create an effect. There is not a one person on this planet, who is born, and will not effect the planet. Cause must have an effect equal and opposite; it's the law of karma. Newton's law of force, Newton's third law of force, is cause shall have an effect equal and opposite. Your body's a cause, so any cause will have an effect; there is no way that you have a cause and not effect.

Now some of you want to be educated, you want to have degrees. There are people I have seen, they are sixty year old, there are still getting degrees. You can't help them, they are students for life, there are students who are working for life. There are students who are inferior, there are students who are superior.

It's a very funny world, if you want to look at it. What is in this world, you stop. You stop because you move. It's a law which you can't help. Every thing which will move, shall stop. Every thing (which) is born, shall die.

jo lupij! so ibnis hE
pro @aju ke kal]

Jo upajio so binas hai
paro aaj ke kaal.
Guru Teg Bahadur, SGGs pg. 1428

Whosoever is born, he shall perish.
Everyone shall fall today or tomorrow.

One who is born, shall die, will get in to the spell of death. What is right, shall turn one day wrong. What is wrong shall, turn one day right. Law of complete... they call it law of circle, this cannot change.

So body is born, it has caused a cause. Now, because the body has caused a cause, it shall cause effect. You can have a everlasting effect, you can have a environmental effect, temporary effect, personal effect, or you have no effect. It depends on caliber.

So you have a kaam; kaam is kamana, kaam is a lust. What is the lust of life? Luster of life and lust of life is, "To be." "To be and not to be," that is the question. "To be, not to be," is the question. "To be because it is to be" -- is the gyan, is the knowledge, is the ecstasy, is the divinity. Difference is not much. There's a little difference. "To be, not to be," is a hassle. Insecurity: to be. Protection: "Not to be." Love: "To be." Fear: "Not to be." The polarity of life will cause you to -- to be, not to be. You can't escape it. The only way to escape it is when you say, "To be, because it is."

Kaam, kamana, kam, kaam kamana. Kamana is the desire, luster. And it has a luster, therefore you want to have an effect, therefore your life has to move. Some people do not want be married, some want to have twenty marriages, some people do not know to like child, some people like twenty children, some people will give their life, some people will never go near something. You will find people, just... because you know what? You have a negative mind. A negative mind will put you into the dungeon of life. You will never see the light of the day. Negative mind will take away from you the positive mind and neutral mind. It will not let you reach (the positive or neutral minds).

"Shakta" the power of cause and effect born, will become sakat, negative. Negative mind is essential. It is given to you as a first mind, because you must survive. It gives you compete, compare, and confusion. With "gyan," the knowledge, you can win.

So the luster creates you to moving. Kamana is your achievement. Kamana can be done of divinity, or infinity. Kamana can be done of the moment, of the time, of the space.

You'll see some people, they do not have stretch in their life. They have length of the life. They will live, they will meet you every day. They have no width, they have no depth. Your life can be just like a newspaper. Newspaper you desire. You want newspaper, read it; after you finish it, you put in a wastepaper. Same newspaper you were so desirous, that you want to go in a snow, in a storm to pick it up. And after reading it, you want to put in the fireplace, to burn the fire. There's no value to it.

So basically when you have your negative mind, and mind controls you, you live in a dungeon. Mind controls you with what? Mind controls you with a rational ideas. It gives you logic. Reason and logic are products of mind. It gives you right and wrong, but it will never let you sing your song of life. It never lets you grow, it will let you go. It will scare you. You will be isolated, you will be just good for nothing. It will put you in your own dungeon. You will never see the brightness of yourself. And when you will not see the brightness, other people are not going to see. And when people not going to see, you will not have an opportunities. When you will not opportunity, you will be frustrated; you will be frustrated, you will be

angry; you will be angry, you will be frustrated, more frustrated, more angry, more frustrated, more angry, more frustrated and more angry. You will start losing your self control. When you lose self control, you will have no self esteem later on, because every one will say, "He is a idiot, he is a angry person, leave him alone." You will not be appreciated, therefore you will depreciate.

So it will become a habit. You have a bit, but you lose that bit. Horse has a bit, is that true. Horse has a...?

STUDENTS: "Bit."

YOGI BHAJAN: And when horse doesn't have a bit, then what happens? STUDENTS: He won't go.

YOGI BHAJAN: You know when you are young, you act cheap, then you weep rest of your life. And then you end up creep in your life. And mind you, you will find creeps with as many degrees as this wall can hold. To be a creep is a degree, too. And people know you very well. "Hey, don't meet this man, he's a creep. Don't talk to this man, he's a snake. Don't touch this man he's is a fox." What proves that:

karni apo apni ke nere ke dur]

Karmee aapo aapanee, ke nerai ke door.

--Guru Nanak, from *Japji Sabib*

Some will be called in, and others will be pushed away
by God in accordance with their actions.

Your action will prove (whether) you are near, or you are far away. Whether you live in your dungeon, negative mind dungeon, your own mind has put a clamp over you, because when you think you have to be successful, you are the most stupid idiot ever born in a human body. When you want to be successful, and you want God will make you successful, then you have won 80% anyway, because 80% Unknown is with you. When YOU want to be successful, then it is 10% against 10%. You may win object and subject; it's a control system. You see some people are very control. Some people are very controlling, some people are passionately controlling. Some people are very independent, there is nothing free. "There is no freedom which is...

STUDENTS: ...free.

YOGI BHAJAN: "And there is no liberty without labor," said the yogi. You cannot have life, if you live by the life (sic), lies of your mind, and that is, that your own kamana and your own your kaam, desire and lust. And kam work put you into a isolated, independent cavity. But if you come out of it, then you shall glow, then you shall flow, then people see it, then opportunities will come to you.

Once in my life, there was a time that I could have millions of dollars in a corporation and I could have done anything I wanted, and I had a free lance. Absolutely no restriction, no string attached, but there was one thing I saw: I shall not be in a position to complete my mission of Dharma. I shall be free of karma. I'll have as much I want, I can promote myself as I want, I can predict myself as I want -- but there shall be no karma. So there was a choice. You want be missionary, or you want be a man? Man is never missionary, and missionary is never a man. Because missionary expands, it engulfs, it faces, it sacrifice, it leaps, it grows, it goes. It challenges the God. Man, to be secure, to be comfortable, to be contained. Man by nature is very untrusting; missionary by nature is totally trusting. Man loses, cries and weeps; missionary loses, he is happy, because he has second chance. If he loses second chance, he has third chance. He has hundred chance lost, he has two hundred chance to go ahead. Never loses.

You lose only when you don't take another chance. Life is chance, kaam, kamana, kam. You have to understand that. Kaam, kamana, kam. Kam kamana kaam, dev dayant nam. "Dev" means to be angel; "dayant" means to be devil, "nam" means identity. Now nam means identity, means legacy, not lineage. Angels cannot do wrong, demons cannot do right. Angels have infinity for goodness, and demons have domain for confinement. Ghost, if become your host, you have miserable life, he's always there.

So "nam" means identity. Identity. Identity. What is your identity? Your identity is not what you think your identity is. Your identity is you are made in God; that's your identity. Your identity is you are American, not you are a human being. No, you gave up your identity as a human being, and took the identity as a American. Why? Because American, as American there's a government, there's a location, there's a country, there's a border. What is the, what is the, if a woman is rich and poor, what is the difference? Both are walking on the road. Rich woman knows there is richness in behind it, poor woman knows there is emptiness and shallow is behind it. Man of character knows there is commitment into it. Man of no

3/9/94

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commitment, has no character because there is nothing in it. It is that, what not the spearhead. It is the whole world which goes... moves with it.

King is a person, man is a person. King has a domain of the state. King has the domain of the status. King's statement is a law. Man has nothing. Man has to become king, man has to become saint, man has to become soldier, man has to become sage. Otherwise man is a beast. Eats, drink and feast, and dies.

plic plic sglI mu#I JU_E D/DE mohu]
Palch palach sagalee mucee jhuthy dhandeh moh.
-- *Guru Arjan, SGGS p. 133, Manmohan version pg. 442*

Being entangled and enmeshed in the loe of false occupations,
the whole world has perished.

It does wrong, again and again in all its entanglement and in entanglements a man dies. Mind is your servant; mind is not given to you to play games. When you play games with your mind you entangle yourself in game, and you die like a cobweb. If mind serves you, then it is positive mind. Negative mind controls you, positive mind serves you, neutral mind excels you. Which mind you are using, that shall be the result; not the which is who, what is what. If you come with negative mind all the time, you shall be in dungeon. When you come with a positive mind, you shall be bright, beautiful. And when you come from neutral mind, you shall be bountiful and blissful.

There is nothing good and bad, it is all your mind. If you mind your business right, there cannot be wrong. If you mind your business wrong, there shall be no right, you shall have no right. This criteria is called "Applied consciousness." Let us apply ourself to the fact of the glory, of the self.

MEDITATION:

This is a very deep meditation. It may give you headache temporarily. It means your diet is not right and your brain is not getting proper nourishment. That's all it means. It doesn't mean anything. It will have no damage, or no side effect, but you are stupid in eating. And it also means, you do not chew your food. It also means your saliva in the food is not, and your digestive track is not right. It also sometime mean in yoga you have constipation. Or you are mentally constipated.

There are three constipation: physical constipation, mental constipation or spiritual constipation. Spiritual constipation is very worst. You don't flow, there's no spirit behind you. There's no, nothing. You are just shallow, you just make noise, that's it. Mental constipation is you want to do, but you withdraw; you are untrustworthy. Physical constipation is you are very unsocial, very, very nag-nagging, very intolerant.

Let's open certain chakras tonight, and see if we can do it, all right? Please sit down, straight and tight. Close your eyes, and turn your eyesight 60°. Put your optical nerve, and look through the chin, moon center. Steady, absolutely steady. You will find a good experience tonight, it's wonderful. Let us do it right, though. Close your eyes, and look through your chin. The neck will be little raised, chin will be raised so you can look on the chin. If you raise your neck, look at the chin, you may have a headache in seconds, but that's a good headache. It will take away the headache of your life. And please pump the belly as fast as you can, without the help of the breath. Separate your belly, pump without the... don't take the help of the breath. Not at all, just move the belly by pure diaphragm source.

(Speaking to Siri Ved Singh): You have Zakmi's tape today? Good, put it.

We are going to play the tape, just to clear the atmosphere, but remember as many times you rhythmically pump the button, belly button, the naval point, the third chakra, it will be help. Don't move from the chin.(Meditation begins, with tape playing, 'Dhan Dhan Ram Das Gur' by Bhai Dharm Singh Zakhmi, for about 31 minutes.)

Inhale deep, hold the breath and keep pumping, powerfully stronger than before. Give yourself a last chance, in case you have missed something. (Held 18 seconds.) Exhale. Inhale deep. Strongly do it again, just for the sake of experience, not... You don't know, you don't know, but when you experience, you know it forever. (Held 23 seconds.) Let it go. This is your last long trial. Inhale deep again, hold tight. Good, pump stronger, try it. If diaphragm doesn't pump the prana, at the time of your confrontation, you can lose the chance of victory. (Held 22 seconds.) Relax.

If you practice this exercise, looking at the moon point and pumping with the navel point, you will bring the moon and sun together. And as you grow with the experience, you will have unisoness. You may not like the idea to do it, but it can give

you at a certain stage, all the knowledge, all the sounds you can hear, all the strategies can come to you without any hardship. It's a path to victory.

There is two ways to live in life. One is the path of denial, other is the path of acceptance.

Path of denial is also path of surrender. You surrender everything, you deny your identity, you deny your existence, you deny everything and then let God take care of it. If it doesn't you are a zero. But when God's one joins the zero it becomes ten.

Then there is a path of acceptance. You count your blessings, you live in bliss. Everything which comes and doesn't come is God's will. Where there's God's will, there's no ill will. You will be conscious, you will be in gratitude, and you will be bright.

There are many paths, but there's one goal -- of excellence. Nanak said that as "Cherdi Kala." You don't understand cherdi kala. Cherdi kala is a very simple thing. When you unfold yourself like a flower you have fragrance; you uncoil yourself, you have brightness, you become brilliant. Your foolishness is in keeping yourself capped up. Your ego makes you do it, and you do it all the time. You live in your dreams, and you forego the reality. When you forsake the reality, life become a challenge and many, under the fear, insecurity and challenge, give up their happy life. Happiness in life is a promised thing; it cannot go away provided you understand that acceptance, all good and bad:

keit a dUK BUK sd mar]

#eih iB dait terI datar]

"Ketiaa dukh bukh sad maar.

Eh bhee daat tere daataar."

--Guru Nanak, 25th Pauri of Japji Sabib

Many suffer privation and pain and are continuously beaten.

Even these are God's gifts.

This is the way of the sage, the saint, and the soldier. They accept God in excellence. Or there is another way -- to accept God in denial. Let everything go. Let everything go.

You know in yoga, there are two things: Pranayam and Partahar. Partahar means shunya. Let go, let everything go. Good, bad everything. Pranayam: expand, expand, expand, expand and engulf everything. Then by Thee, there's nothing else but by Thee, to be. In shunya, let everything grow as you go into nothing.

After that there are three stages: Dharna, dhyana, samadhi. You decide, pranayam and partahar, bring a balance to your life. And then you have longing, and then you have concentration, and then you have achievement. Life is very simple.

In my path of ecstasy, I have a very simple rule. Let go yourself to success. I do partahar in a very different way. I put my zero with one by hook or by crook.

"Aapane hathee apanaa, aapay hee kaaj savaaree-e."

"With your own hands, do your own work. You are the doer of your own karma."

--Guru Nanak, SGGS. pg. 474

Asa di Vaar

With your own hands, get your work done, complete and clear. Don't wait for time and space. Don't confuse your identity.

It is better to die, working for it than being lazy and waiting for it. You've got to take the chance to succeed, and then doors will open to you. Life will come to you.

Every person who is born, has caused a cause, therefore it as to have an effect. How poor cause and effect you want to be, that's your problem. Everybody's born naked and everybody's a potty trained and everybody can be successful. It's all in a disciplined training called "Rehit." Rehit, kahet, sahet, praanee, jaanat sabhai, namho. Rehit: disciplined living. Kahet: seeing. Bahet: the way you adapt your constituency. These are the path; every living being knows what to do. It's a question of how you add caliber to it.

3/9/94

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So we have done, this week right? You understand the life of self love, right? The true love in you. Love within you, around you. Love is not a commotion, love is not sensuality and sexuality, love is not relationship. The definition of love you have is totally hypocrite. It's a expression of commotions. But love is the infinite strength for Infinity of our existence. It always leave live behind legacy, forever. And in love of that, the people who walk on that legacy, seeing that as a light, guiding light, feel you are a Godly person; that is love.

We have a poem from Wahe Guru Kaur which is a very well done history, and she has very beautifully summed up Lord Buddha and his entire teaching of the eight path of truth, in which he said, "God is." He say, "I didn't say it. He say, "God is not." He say, "I have not denied it." Because the basic feeling of Buddhism is they don't accept God in existent, in form and in non form. They exist in karma, holy karma. And that's what Guru Nanak summed up in one line:

krmI apo apNI ke neRE ke dUir]
Karmee aapo aapanee, ke nerai ke door.
--Guru Nanak, from Japji Sabih

Some will be called in, and others will be pushed away
by God in accordance with their actions.

ijnI namu iD ai# a g#e mskit Gail]
Jinee naam dhi-aa-i-aa, ga-ay masakat ghaal.
--Guru Nanak, from Japji Sabih

Those who have meditated on God's Name will leave this world after putting toil in the right direction.

Those who identify their identity. So Buddhism actually is totally in those four lines of Guru Nanak. Just total Buddhism, tons and tons and tons of literature, scriptures are in those four lines.

But Buddhism has basically sprung up from knowledge. In Prince Siddarthas, which is, became Mahathma Budh, or Buddha, Lord Buddha, he saw cruelty to the woman he was born of. He saw customary cruelty that man, if he's not satisfied sexually at night, will hang the woman by her feet till she dies, because she did not satisfy the man. He saw things which were not only cruel, but master-mindedly cruel. And he saw richness, and he saw palace, he saw many things. I don't want to accuse that time, and do not want to give you negative reports. But there was a time, at the time, divine right of the king, that whatever king says, that's what God has said. And ordinary person has no ordinary right even.

Prince Siddartha started asking question, "Why pain, why people are poor, why people are hung, why people are criminal?" On that search he went, and he end up in one way. Everything has come from nothing, so there is nothing. If you do not become nothing, you can never know everything. And that is the path in which he went, that self is a truth, and truth is a self. Beyond that nothing is exist. He went to the extent saying sheltering behind the identity of God, is denying the improving of the self identity. He went very far in that.

When I went to World Parliament of Religion, the Buddhist group totally objected that we use the word "God" too much. So we compromised, and we started using word "Conscious Being" or "Supreme Being."

Similarly in the University, UCLA, when I used to teach, they told me, "You can't use word God." I made up my "Master Computer," but that didn't work well. And I started, coined a word, "Hesheit" -- "He," "She," and "It," they asked me, it looked very, sound very bad. What are you doing, "Heshit, heshit, heshit?"

I said, "He,' 'She' and 'It,' -- I put it together." I said, "What shall I do, you don't allow me to use word 'God.' I have to use some word."

They say, "Well, you know it's not a religious thing, we understand, but this word doesn't sound right."

I said, "Well, that's the way it is. If you do not understand the word, what you understand, that's what you are." So in humor we passed our time.

But this is a very beautiful poem which Wahe Guru Kaur has written. If you thoroughly understand it, you will enjoy it. It's a very good challenge to the beautiful thing called ego. Wahe Guru Kaur, could you please read it, blessing, dear. Very

good, you have done a, to do it, I mean, this way you can, read or write on all eight religions. I will be out of a job. And read it good.

WAHE GURU KAUR: The Siri Singh Sahib has basically said it all, but religion either goes towards zero or towards One, and this was inspired by the Siri Singh Sahib's tombstone. A while well back he was celebrating, the fact that he might leave the plane; now he not so sure. But at that time, he threw a grand party and he made his own on tombstone. And on there it says, "Born at zero, born zero, died at one." So basically he started at shunya and then he became absorbed in all that was.

So I wrote a poem about each, and this is the first one. This one is shunya and it's called "Zero." You can put yourself in it and see, maybe you would like to become a Buddhist.

ZERO

by Wahe Guru Kaur

Prince Siddhartha learned much from the great spiritual masters.
But at the end of all his rigorous training, he sat down by the Neran Jana (?) river and its flowing water,
And asked himself whether this knowledge was worthy.
As he meditated on the river bank, he watched each concept float away.
Religion, spiritual practice, the concept of God -- the meditative current swept it all away.
What he had learned, was it necessary, was it worthy, did it bring him to self enlightenment, glory?
When the answer came back from his mind as "No,"
he removed it from his mind.
Peeling away the layers of perception, the obstacles to genuine transformation,
His mind and soul went ever nearer to life in the now -- true awareness.
"Religion, I have gained nothing from it in knowledge of self.
'God' -- what is It?
It's only a label upon which humans heap their faults."
Reflecting every conceivable concept which kept him from true perception.
He rejected all, except the presence of now, and tried to pierce even that illusion.
Do you have the courage, to do what he did, come to zero, and start from scratch?
Dissolve your identity, dissolve your community, dissolve your religion, your job, your family.
Throw out your God, throw out your techniques, take away your longing, your status and prestige.
Come to nothing, come to an empty room and sit there in the stillness.
Peel away your life as you would peel an onion, peel off the layers of false perception, come into the now.
The present, what you are here, and break the bonds of illusory fear.
Prince Siddhartha became the Buddha, by accepting only first hand experience of everything here, earthly and spiritual.
He went straight to the center to discover truth.
Sit alone in your empty room, open to all things, adhering to no rule, detached from the world, attached to the Real
As it exists in the microscope in between shunya, zero, nothing to hold on to.
Most of us find one label or another to perceive and define our life. You are not. Your life is not. Your job is dissolved.
Your belongings are gone, your religion does not exist, your friendships have all vanished.
Your ability to lead and your leadership is gone, no support group, nothing to lean on, no concepts, no path, no achievement.
No aim, no ego, no self, no God's name.
Sit in the stillness you are nothing.
What you have learned is useless.
Experience the silence.

YOGI BHAJAN: Mama mia.

When you reach the stillness, then one experience you will have, then one moves in. It is that thing which is called the twilight zone.

Well, we have to let the Age of Aquarius, and the people who has to follow us to know, know-know-not, what you know, know what is not known, be known to Thee. That's why the theory of zero is shunya. I am, I am not, at the same time; you will feel the unisonness.

This poem is very high graded poem, it may be very difficult for you to understand. I hope soon we'll have a book and we can read it again, and get to understand. Because this is the way (for) us to get rid of the ego. When the ego is gone then every thing is 'Amigo.' The animosity is between you and your ego. Animosity must not between people and people.

I was having a conversation this morning, and somebody said, "You told me to do so. I am going to do it. And now if you tell me that you can't do it. I am going to still do it."

I said, "Okay, get it done. Let me know."

"But you have to help me."

I said, "What for? I have said, 'Get it done.' So be it. If I help, then I have to tell you. If I will tell you, then you are not doing it, then I am doing it. You are doing it, no help."

So the concept is not... The idea of human body is one, you can't confront yourself. If you know (how) to confront yourself, you can confront God. You are afraid of confrontation. Everybody is. And that's called "Sense of Justice." Sense of justice is, when you reach the state of the shunya, zero, you let all go, and only duty prevails. The beauty of the duty convinces everybody that there is unisonness in it.

Let us see how she comes out with the next, to complete of the theory of the ten. There's going to be next week, right. And we do will, we'll continue that? Good. Well well well, please understand, these are good days. You had lot of snow, and earth became virgin again. And there's a possibility that maybe our prayers may be needed to have more snow, otherwise summer will be very hot. So when snow comes, earth becomes white, everything is covered under that white sheet, there's nothing but purity. And then again, the man starts doing things, polluting here and there. But once a while it becomes clean. Last two days we have experienced great New Mexico weather. But New York and Maine state were very fortunate, they got twenty inches of snow. It was good. Perhaps they needed a good blanket of whiteness. It depends.

So have a good day and good week, and use it. We have a lungar hall to construct. And I was told, I am not sure, what, how much it is, but I think, the sangat here that day collected about, \$30,000.00, in which you all somehow contributed. And idealistically this lungar hall is going to be very beautiful a place. Plus we already have a kitchen which we can totally make it very perfect commercial kitchen. And that way in lungar hall can have a second story, it is allowable. It is not difficulty. So lungar hall can be used now. How beautiful it will be, that we will have parties, instead of here and there, we can call people here so they can be with our temple. And they can have a party in a place; when it is not used, it can be used for our meetings, our bangara, so many things, if we can get it done.

And sooner or later, they, I understand the roof is such, that they have to remove few stones over the top of it. And again it will be just a roof for the first ceiling floor, and then we can go further. My idea was different. My idea was to go all the way double story and then put in between, extension all around. Making a central way, and covering with it iron, so that we have double story right away, and above you can use, for whatever you want to use, and hall underneath will be, that way. But now I think, it was economy, which came into the play, and now I think they have to put the support pillars later. They have to. Right? For the second floor and then they will built it that way.

But its very very, to me, it is very joyful. To me it is very joyful in the sense that we are participating. We are creating a Aquarius dream, we are creating a Panth Khalsa of tomorrow, we are living to the legacy of Guru Gobind Singh. I mean to say, to us we may look many ways. I mean everybody, who was constipated, and then gone bathroom, is know he is clogged up. But when he sees the most beautiful, swan-like walking person, people think you are very beautiful. And that itself is a service. A decorated man by existence, is a impact of happiness, hope, and help. You don't have to make a long speech, you don't have to argue yourself.

I know one day you just put a veil around your turban, and put your Adi Shakti and dress up and look in the mirror. After half an hour you take away your veil, take away your Adi Shakti, look in the mirror. You will find the difference. There's something in that decoration. Veil around a woman, is not meant to do anything, but just to cover the subtlety of the moon center. That's all it does. It's not something very rough. When we will, when we do a rough work, we are in the field we don't use it, but in a decorative form, we use it. And its message is more strong. It really massages another person's intelligence. It does what it's meant to do. It tells another person, it challenges the subtlety in another person. And mind you, the most important thing in a human body, is in the subtle body. Ultimately your soul has to take shelter for it to go.

So technologically there's a way to live, small as we may look today. And there are certain words which I would like to read it to you. And these are the words by a Federal Government Officer, and he is talking to America. And it is so painful. I, I understand what he's saying is right. I'd like... This is the Sikhnet and he says here, "I understand how modern England is. Look at this, Duchess of Canterbury became Catholic, because they don't want women as a priest. I would shoot the bastard if I was allowed, because a women can't represent Christ." Kennedy said, "Men and women are totally different;

3/9/94

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that's not my fault. And Jesus chose men for his disciple." And this guy is 'The Right Reverend Robert Hardy' and he is a, he is a kind, he is a vicar, what they call? "V-I-C..." Vicar? Vicar. A church of England Vicar said on Wednesday, "Women priest were bloody bitches who should be burnt at the stake, like medieval witches." 1994. Hello. "I would burn the bloody bitches and I have said that on several occasions," he told The Guardian newspaper. "Let these bloody women go off, and form their own politically correct church and religion." Jesus Christ. Ladies I really have great sympathy for you. I really thanks Guru Nanak. I think the women should, the mother of this man should not have let him come out. Men do not know what a woman can do. These men with their few little balls, they do these kind of dirty things all the time. I'm fed up, sick of them. I happen to be man myself, but I know. They are so afraid that they are born of woman. They can't understand it, because they can't create another child you know. Men are very, men are not fertile. Where is that thing gone, this guy, Beck Georgio, Georgia Clinton in trouble, which is always there. I don't know, Hillary going to hell. Come on, oh no, this could not be. I have to read you this, but where it has gone? Yeah, here we are, you know Bill Bennett says family churches must stop moral decline. "Atlanta. Former US Secretary of Education and Drug Czar Bill Benton said when a stage of Americans do not return to moral and religious beliefs, American society will cease to exist. I believe that if current social trend in illegitimate births, in education decline, and social decay continues, American society will be gone. Bennett told the media's of conservative politicians and potential candidates sponsored by the 'Empower America' grassroots organization which he co-chairs. 'Problem,' he said, 'is that too many fourteen year old girls with babies, too many fourteen year old boys with guns, and too many idiots on television talking to them in the sensitive way, in non-judgmental ways. Trying to understand what is their problem and forgiving them, and saying it is largely somebody else's fault.'" Now this is a confession, very Catholic. "Bennett said, 'Government is, specially the federal government, cannot replace parents, church, families and schools, though there are trying to. In many ways, in some of the parts of America society, we are becoming a kind of society that Christians missionaries, used to missionize to in the nineteenth century.' He said, 'Give me strong families, strong churches, strong schools and I don't care about political process.'" Why should you? "Bennett said, 'Political values, even on the local level where, they can play no more important role than on the federal level, a part of the largest cultural task. It is the task that as come to do with the shift in American values, over last thirty years. Demonstrable American values.' Bennett said, 'It has to do with what comes out of the TV and the radio, it has to do with the composition of families. It has to do with the health and well being of school, neighborhood, institutions, communities churches and like that. If the country is to get better, to improve, it will depend much more on the health of these institutions than it will be on the things government does.'" So this is a confession coming out, that we didn't do a good job. The word "church," is a English word, is that true? It comes the word, Gurmukhi word "churha." Churha means a common talk, folk talk is called churha.

Os banday da buraa churha bhaa-ee. (GM is approx.)

That man is kind of folk talk. From that word come church, where folks can come and talk. Do you know that? No. Look how the language travels. Start from England to Punjab. You want to go? OK. In England, oh... we are going this year in a big way. Big way. Really a good yatra. Ahh. Let us see this way. Punjab is Punjab and England is England, is that true? Right. In England, in English we call it cow, right? We go to France, it becomes gaa-ow. We go to Persia, it becomes ghaa-i; you go to Punjab it becomes ghaa. Cow, gaa-ow, ghaa-i, ghaa. Same animal, almost same sound. I will like you to do this week as a good job. You know, this community has sent Hargobind to Moscow. You know? Please write him a letter, as you feel about him. Let him know, "It isn't the life that matters. It's the courage one brings to one's mission."

Thank you. May the long time sunshine upon you. All...

CLASS: love surround you. And the pure light within you, guide your way on.

YOGI BHAJAN: Sat Nam. There's another announcement which I forgot. Oh wow, look at this 'Bangara party and delicious lasagna dinner. Made by Amrit Singh. Come, come, kumbendo, 6.30 night, on the 12th Saturday, Siri Singh Sahib will be invited to join us.' Oh, I have to dance. Well. OK. If I get away from the flea market.

(Yogi Bhajan gets up to leave, is handed a cookie.) Whose birthday is today? Who gave me a cookie?

CLASS: (Response inaudible.) "Happy birthday to you..."