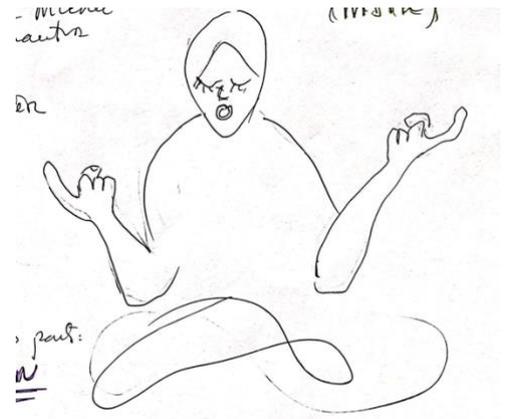


LA863

PARA DESCARGAR EL SUBCONSCIENTE
ENTRAR EN SILENCIO
RELACIONARSE CON LA MUERTE Y CON EL
MANTRA



Ojos cerrados
Manos en Puño de Júpiter, con los índices un poco doblados, sin estirar
Codos apoyados en las costillas, flexionados 60º y con los brazos rotados afuera 30º

La meditación tiene tres partes

Primera parte: 9 minutos

Escucha el Gong

Respiración de Fuego por la boca en "O", sin hacer ruido, más bien lenta

En los últimos minutos suena Sat Nam Wahe Guru (versión Jagjit Singh) junto al Gong

Segunda parte: 6 minutos

Canta el mantra en voz alta (misma postura)

Para terminar, Inhala; Reten (contrae Mulband, sube la energía); Exhala . 3 veces

Tercera parte: "Chispas de Júpiter"

Sigue con los puños de Júpiter, junta las yemas de los dedos frente a tu pecho y sepáralas bruscamente como prendiendo una chispa. Hazlo rápidamente, en resorte, a 3 movimientos por segundo... Hazlo 1 minuto

Continúa con las chispas de júpiter 1 minuto más, silbando lo que quieras.

Inhala, exhala, relax



SUMMARY MEDITATION

Tonight is our liberation class, we will go in three frequencies, we will go into the subtle frequency to start with. Very calm, close down, slow down in which you will do breath of fire and this breath of fire, you will do through the mouth, making it 'O.' The gong will take the rhythmic tone of the space. Space has no air by the way, therefore you try to have only one breath, one breath means no air. Then we will give you in between projections on which you will become thoughtless and please try to maintain that. And then class will be over. You know what I mean? I will go on talking, giving your exercise, **unload your sum, subconscious stuff** and then during the day, you build it up. Let us create the rhythm. It's your meditative turn, in between if I disappear don't mind, I will be in the next small room.

(Students laughter)

That's medical condition for which I have no provocation. It's doctor Soram's finding, not my problem.

(Students laughter)

Kriya 9 minutes (gong & Breath of fire) +6 minutes (play & copy the sound Sat Nam Wahe Guru II): Okay, please. Three fingers out, Jupiter out, simple hands elbows touching the rib cage, holding it from rib cage, that's essential, that's the posture, eyes closed, make the 'O' of the mouth. 'O' of the mouth and please breathe in and breathe out continuously. Create no sound.

(Tape is played in the class Sat Nam Wahe Guru II)

YB (Talks over the tape): **Come on. Breath of fire through nostril.**

Copy the sound. Unto heavens, let heavens listen.

Inhale deep, inhale deep, inhale deep, inhale deep. (Tape stops 31,14)

Hold your precious breath. Breathe out, inhale deep, inhale deep, inhale deep, inhale deep, hold your breath and understand the breathless state, hold, hold, you are not going to die, it's all right. Breathe out. Now, try again this time, breathe in, breathe in, breathe in, and have no moment of the breath, hold it consciously with your strength and courage and keep it that way. Breathe out. Now, you have not understood what I have done today, I have caused you a temporary death. Every person, whosoever that person may be, if you are alive, you will have three second, it is lot of time three seconds, three seconds to know, you are going go, that's a promise to the soul. Three seconds. In those three seconds, the soul will be out of the body and whatever your perfect mantra is if you are chanting then the sound of the gong as this creates the space, that's how you will go. Sometime you will hear yourself, sometime you are drowned. Sometime sound will be heavy, sometime there will be no sound, sometime there will sound of the other planetary system crossing you, which is another human. You must understand your thirty trillion cells. Thirty trillion mega cells means thirty trillion stars. And this whole universe including sun is one star.



.....[YB speck of identity & the personal mantra]



kriya audio 25 minutes

I am not joking but it came to that area that I found out my body does not obey me and then they have to massage and exercise the whole thing and I realized. All of you who will exercise think you have exercised that's not exercise. Exercise, the best exercise in this world is Bandel Kriya, you know what that is? Yes, yes, because nobody does it.

(Students laughter)



(59,11) You know what best walk is? Walk on your fore with your feet steady and your hand steady walk. If you can walk eleven minutes, you can tell yourself, you are still young. Am I right? No, I am not right. You are not going to do it. You follow? Have you seen a kangaroo jumping? Seen it? Try that way. You will never be insensitive. Kangaroo can feel his enemy in any vicinity. It's fastest animal running but it goes on the hind legs touching the front, just for help. It's called springboard running. Walking on the fore will balance your entire spine. That's your original shape. You are not

born to walk straight. Your original body is to walk on the fore, you don't forget your ancestors. Here she goes, she doesn't love to talk because she knows I am going to tell her to say something else. No, she went through accident herself, she was totally cripple and she has totally rebuilt herself. That's why I appreciate people who have self-experience. She is the only one person who stimulates the iron cells of your body and moves the energy to heal that part, which she feels is not right. So basically what I am trying to tell you, this body is a given gift. Do not drift and do not create bad rift between you and yourself for pleasing others. You can't please everybody, there is no need. Why you are pleasing others? Sometime just please yourself. It's not bad idea. Don't offend anybody, just please yourself. Be yourself and if you are doing a Bandel Kriya, nobody will upset you because people think you are crazy. (Students laughter). They will not touch you. (Students laughter)

And Bandel Kriya is best for circulation, relaxation, muscular adjustment and it costs nothing. If you do not have a big house, you can do it there, go outside put four, five sheets and do it on the grass in a park. But do something, your everything will start changing. There are things, which this body is supposed to learn to do. There are simple yoga postures when you have done, you must relax in a yoga posture for a while. Feel good, thank you for coming and tolerating me. But I kept my words, I did not cancel the class, credit for me for that. Even I told Guru Singh standby, incase, I have to go for a run, substitute it that way but now we did it right. Now, I have to let you go with this little exercise. Create a spark, magnetic spark, fast, it has to be three times per second, quick, that will equalize your energy from top to bottom in every rhythmic sense. Move, move, move, move, use your force, you are not that dumb that you, come on, it's just a matter of energizing. It will live with you and whistle please.



(Students started whistling in the class)

YB (Talks over the whistle): As you touch whistle. Power, power, power, power, inhale.

(Whistle stops)

May the long...

LECTURE

.... It is a medical phenomena and tested out that when you are **twenty-seven, your power of sensitivity start decreasing whether you are male or you are female. It makes no difference and the graduation that you are insensitive continues. At fifty-four, you start insulting in your own action system because of your negative thought. A polarization of negativity to process of life till your death, that's the story of every human known as a common man. Now where we get insensitivity and senility.** Where by the years we should have intuition and intelligence, so there are two sides to it. And if you ask somebody, you should have intuition. They say, "It is a waste of time."

If we ask, use your intelligence; the answer is I am already doing it. What is wrong with me? Now, question is what is wrong with me and why I am doing this, that makes no sense. You will be surprised when you are a child, you grow up with your fear of tomorrow. After twenty-seven you grow up with a fear of today and after fifty-four, you all remember the glory of the past whatever is, you do not know whether you are in your past or in your future. Now, these are the common laws, which have been observed by mankind's behavior. What is man wants actually, a human wants what? How rotten one is and you can blame everything on a person, it doesn't make any difference. Every person wants to be happy and every person wants to be wise. And every person wants to be loved. How you can picture it that is your intelligence. Those who live in their soul, in their grace, in their consciousness, in their intuition, they are never ever dependant on anybody. Emotionally, physically, through their thoughts and through their actions. They are very fortunate, they are so free that the entire universe, all its elements, heavens, earth that serves them. This is the story of those who live by their intuition, by their consciousness, by their intelligence. Those who live by their ego, by their emotions and by their strategy of planning pros and con, thoughts are always on this earth planet shall remain on this earth planet even after death. There is third category, which is a category of those who do not consider anything but them. There I come first. About them the scripture say they will never have third eye open ever. And their soul shall never transfer itself from the magnetic field of the earth, period. More discussion about them will be waste of time and that is eighty percent of us. You will be shocked, ninety five percent of us do not believe God does everything though, eighty percent one way or the other do believe God is. We all believe God is all powerful, merciful creator and all that. But we do not see him in action because we don't have sensitivity. Minus essential sensitivity, we practice dumbness, it's very surprising, I have seen it everyday when we eat and we walk through Beverley Hills. There are some people who are asking money, they may be making more money than us, we do not know. But they are asking. We do not consider one who wants to give in me is the same one who is asking in that person. There is no relationship. The relationship, I am rich, I am can afford it, this is poor, I can give to him. You understand? You know what your relationship is? Relationship is of level relationship, oh, that's a beautiful girl, I am a young man relationship is. This is my wife, I am the husband, there is a relationship. There is a process in relationship. Not a single person honestly can say that his total relationship is I am a creature, created by the creator and everything else is a creation or a creature. And there is a relationship, there is no relationship, God in me is talking and God in you is listening. Relationship is I am the teacher, you are all students. That's a goof. A tragic goof to which man earns his life as a human and wastes his life as a human. There is nothing more to learn. Absolutely no more to learn. All books in the library, all religious knowledge, all rabbi, ministers, teachers, yogis, swamis, avatars, all this, it's all nothing. There's every end of the road, there is a church or a synagogue or a temple but you have not learnt one thing. What is in you? It's called the elementary motive force and what is in anybody including a stone is the elementary motive force, which keeps it together, it's the same. And you have the same relationship. You can't accept it. Because you want to see, you want to move, you want to enjoy your emotions, you want to enjoy your feelings, you want to enjoy the touch, you want to be touched. You want to stimulate, sexuete, ejaculate, feel good, kiss, hug, passion, work, give money. You create an inter-dependant relationship. I am a man, you are dependant on me. Who are you dependant on? Somebody is dependant on somebody. The total totality of life is not understood. I am sick, you are healthy. That's healthy, that's sick, that's right, that's wrong, that's up, that's down. This is a creative end mass blindness. Have you seen a person who doesn't know how to swim, how he puts hands and legs up and finally drowns? Have you any idea of that? This is in the ocean of consciousness, this is what we are doing. Therefore it is a permanent degree that if you are consciously not alive, you are alone, you are very alone and you are always alone. Surviving is not human faculty. Living is not human faculty. Now, would you say, "What he is saying?" Look what I am saying, surviving is not human faculty, living is not human faculty, human faculty is not loving and serving others is not a human faculty. Human faculty is uplifting those who have no chance to feel being uplifted. And we all can do it without money, without anything. I went once to Hawaii, and there was big tree and I though okay, this is a shade and these kids are going to go and swim in the ocean, I will sit there and then a man jumped out of the tree. He said, "Welcome home."

I said, "What you mean welcome home?"

He said, "This is my house, I live up there."

And he showed me his food store up there, he showed me the whole thing. He has a full arrangement.

I said, "You live here all the time?"

He said, "Oh, yeah, from last twenty five years. I live on this tree."

I said, "What you do?"

He said, "I make people wise and happy. Calm them down."

(Student's laughter)

You see, you know the tourist come here? Yeah, sometime they are tired, they come here, I teach them. I say, "Here I am teach me something."

He said, "Man, don't make fuss of me, I know who you are. All these people are with you."

I said, "Yeah, I wish, I pray, they all should be with me." But we are walking together. Few days later I came to that spot again and I saw him having a huge gathering around him and he was sitting. I had just curiosity, what he is doing? He was doing nothing, he just telling

stories very little wise stories. And I said, "This man knows, he is alive. If you can take the story of one's life and lead that story into excellent, you have only earned the right of being alive." If you passionately touch somebody's life and make his harmonious, you have earned your right to be called human. If you touch somebody's life and change is to be a positive thought then within you the angel lives and that angel shines. Tonight is our liberation class, we will go in three frequencies, we will go into the subtle frequency to start with. Very calm, close down, slow down in which you will do breath of fire and this breath of fire, you will do through the mouth, making it 'O.' The gong will take the rhythmic tone of the space. Space has no air by the way, therefore you try to have only one breath, one breath means no air. Then we will give you in between projections on which you will become thoughtless and please try to maintain that. And then class will be over. You know what I mean? I will go on talking, giving your exercise, unload your sum, subconscious stuff and then during the day, you build it up. Let us create the rhythm. It's your meditative turn, in between if I disappear don't mind, I will be in the next small room.

(Students laughter)

That's medical condition for which I have no provocation. It's doctor Soram's finding, not my problem.

(Students laughter)

Kriya 9 minutes (gong & Breath of fire) +6 minutes (play & copy the sound Sat Nam Wahe Guru II): (13,45) Okay, please. Three fingers out, Jupiter out, simple hands elbows touching the rib cage, holding it from rib cage, that's essential, that's the posture, eyes closed, make the 'O' of the mouth. 'O' of the mouth and please breathe in and breathe out continuously. Create no sound.

(Tape is played in the class Sat Nam Wahe Guru II)

YB (Talks over the tape): **Come on. Breath of fire through nostril.**

Copy the sound. Unto heavens, let heavens listen.

Inhale deep, inhale deep, inhale deep, inhale deep.(Tape stops 31,14)

Hold your precious breath. Breathe out, inhale deep, inhale deep, inhale deep, inhale deep, inhale deep, hold your breath and understand the breathless state, hold, hold, you are not going to die, it's all right. Breathe out. Now, try again this time, breathe in, breathe in, breathe in, and have no moment of the breath, hold it consciously with your strength and courage and keep it that way. Breathe out. Now, you have not understood what I have done today, I have caused you a temporary death. Every person, whosoever that person may be, if you are alive, you will have three seconds, it is lot of time three seconds, three seconds to know, you are going go, that's a promise to the soul. Three seconds. In those three seconds, the soul will be out of the body and whatever your perfect mantra is if you are chanting then the sound of the gong as this creates the space, that's how you will go. Sometime you will hear yourself, sometime you are drowned. Sometime sound will be heavy, sometime there will be no sound, sometime there will sound of the other planetary system crossing you, which is another human. You must understand your thirty trillion cells. Thirty trillion mega cells means thirty trillion stars. And this whole universe including sun is one star. You do not know your power, thank God, you are dumb, it's okay. You think you are dead? No, you are not dead, moment you leave the body an atomic fume happens and these when united cell, which is called the human body, human being, it spreads into thirty trillion cells and then splits into thirty trillion cells and spread into thirty trillion cells and it becomes heavenly home. It's a huge, humongous. Atom bomb is just this much in comparative to death. Whole universe parts and departs and reconstitutes itself with one death, but it is constant process, dying, living, dying, living, dying, living. Born, death, born, death, born, we become very insensitive. If the mantra is perfect then as you saw, you came out of the infinite sound of the gong, you came to the finite sound of the mantra then you went again sometime gong was heavier, sometime little, sometime it was projecting, sometime it was subtle, space, sound of it. And this way, you were making your journey. Remember this shall happen to you exactly the way we in our way created it. A person who has consciousness in soul will like to close his eyes and get it to Maha Mantra, which is his perfection and in that let it go and goes, and goes, and goes. There is no big deal. It is all practices, all sorts, all thoughts, all prayers, all rituals, all rights are for those three seconds. All disciplines, they mean nothing, you have been always fooled and you pay junk of money and money and you want to buy this three minutes buy. You want to buy time with money? No teacher can give you, nobody can guide you, only you can tell you and share with you the process, through which you can be alert enough that when you see those three minutes, you say, "Here I go." Dive out. Avalanche comes, three seconds, you duck down, it goes over, matter ends. You are with it, eight point four million life times, hell with you. No way, nothing works. Every birth has the same nuclei and same nucleus. Human has the power to redeem, others have to process the life that's the difference. There is no gimmick. Everybody who tells you, lies to you all preparation, ritual, discipline, prayers, meditation, call it anything, I don't know what you want to call. You write three thousand books about it doesn't matter. It's those three seconds, they call end time Anth-Sama, those three seconds you decide, nobody else, God doesn't say it for you, within those three seconds, you will see a panorama show of your life. If you can't dive into your mantra, your mind will push you to liberation, mantra, the wave of the mind, which you have perfected, which I have perfected, I have perfected, which you have perfected it, you have perfected it. Yes. If one becomes Siddha, totally disciplined then his mind will come mastermind and it can push the soul through, that's true. That is the Maha-Akhal mantra and that's what we always chant, that means we call on the infinite to wake up. And what is Naam. What is mantra? Mantra is a Naam. There are certain mantras, which are Naam. These are the names of the creator, every name is a creative name by His virtue, by His power, we know Him, through His son we know Him, through His agents we know Him, through His avatars we know Him, through His action, blessing, dreams we know Him. We know Him through our belief, faith, religion, we know Him but nobody knows Him. The unknown remains unknown but through the mind, which practices the mantra, you penetrate through the time and space and then the waves of the space, which has absolutely emptiness or what you call it vacuum. You do not get disturbs and in that absolute silence, that silence becomes very effective sound. You have not been there, I go everyday, so what can I tell you, what I am going tell you, you will say, "What he is talking about?" So, it's all right, but I am just explaining. The total silence of the space becomes absolute sound and if you don't have an own perfection, little



sound, radar, you can guide through it. You will be burnt, you will come back to the life and birth cycle and I will be sorry for you. I will say, "Twenty five years I have wasted on these kids, look they are going back." Back for what? Body is beautiful, mucous, blood, bone, flesh, you know? If you are put in a grave that is your first meal of the earthworms. If you are burnt you are the first ash. But at that moment when you are struck by the time, you dash under it and even then you are free. That's why discipline is regular, so it may become automatic and what can help you? Hypothalamus, hypothalamus in you is the master of automatics and with the tip of the tongue and with the upper palate if we can create the hypothalamus design, it's called pattern. Have you seen some people with a pattern? If anything goes wrong, they say, "Oh Jesus." Automatically, you don't have to ask them, that's the pattern, everything wrong on to Jesus. Poor guy may not know it, there was one big, fanatic Hindu. In America he lived sometime, something went wrong, he say 'oh, Jesus.'

I said, "You are learnt?"

He said, "Well, everybody does in this country."

I said, "Wow!!"

Everything wrong, unto Jesus, everything good, I did it.

(Students laughter)

But you have to have a personal mantra and that personal mantra is not which can be bought by sixty-five dollars. By transcendental meditation or through Kundalini Yoga or through Sikh dharma, or through Islam, or through Hindus, or through anybody. That personal mantra is you and that personal mantra is which fits you. It's called Shabad-Avdar. That's normally your spiritual identity and when you are struck with three minutes that is your identity, you shall never be touched. That's what spiritual name is all about. It's the identity number of your soul. And if at that moment you remember your identity number you will not be ticketed. Isn't the police man comes, he says, "Show your." And you show a registration and driver license, correct? Social security number, now they want social security number first, because they know who the other guy, other guy, te, te, te, te, te, te, te, how many tickets you have got, what offensive you have got? They are all against your social security number, it means any unsocial thing done, it's there recorded exactly that's called law of karma. Different ways they have said it but those who drive car must know for anything wrong. I once had a very beautiful experience in my life, I had a very rich Hollywood student, spoiled one, he said, "Yogi Ji, show me God?"

I said, "Come on, let's go I will show you." So I sat in his Ferrari, and told him, you will just obey me. So every red light I told him, "Cross it." So three times he crossed, fourth time the policeman got him, so luckily that policeman looked at me and he said, "My God, Yogi Ji,"

(Students laughter)

"What is this happening?" He was my Yoga student in Melrose.

(Students laughter)

And I said, "Truth is I am directing him, he is driving, he wanted to see God, you came late, now you are the God, he is the creature."

(Students laughter)

So thrice he crossed, he said, "I followed."

I said, "On the side mirror I was looking you are following. I wanted to show him once you can cross red light, nothing bothers, second okay, third, finally you get caught." Exactly you are subject to this specification of time and space as longitude, latitude is that if you take the altitude and attitude of altitude, you are free and that is your personal mantra and automatic in you is hypothalamus, if the plate is set that you can remember your identity, in the face of calamity, calamity shall disappear, that's a law. Psychiatrist can't do it, psychologist cannot do it, doctor can't do it, surgeon can't do it, nothing can do it, at that moment in any calamity you have a wish to identify yourself, you are called on, if you answer correct, you get out, calamity is a Maya. Relationship is Chaya, shadow-nothing is real. There is only one thing real, you, in the beginning, in the middle, in the end and that's your identity.

And that's your identity. If you somehow remember your identity, you are fine, before I finish class, I will ask Olga to tell you about health. She has been lecturing me so many times, it rings in my ear all the time. She is going to talk to you, professional healer from Cannery Island, you have a home, all of you in Cannery Island, now you can walk in and she is very easy to find, she lives on the top of the mountain, so you can figure her out. And she is blonde, only blonde in the Spanish world, except few Germans. Why don't you talk to them some health, I can rest? Come on, give her it, microphone, I will watch. Listen to her, smiling and talking. He is going to give you just one minute. Give them all in two minutes. That includes of your touching mean.

Student: Well, I do torture and they call it healing and some people feel fair good faith. I doubted because if would I have to treatments like this, I think I would runaway before but what to, one to know about healing? Healing is to channel yourself up so that when your spine straight you can transmit a lot of energy to other people. It is a way to give love to other people without your personal involvement then only being straight and channeling. So it is very difficult to explain to everybody but it means to have a straight back when the back is out of place in many cases. But as long as you can have your spine straight, you have a whole range of possibilities daily to transmit energy, so in each person is having its own firm of transmitting that energy of your cooking and give cooked energy that people get a whole body or if you are massaging like I do. Whatever you are doing, it is from our feeling, so I will do my way and it's massaging and I don't know all of you, I have met many of you and it is very nice to be with all of you and it is giving a type of healing to me as well.

YB: That's not enough.

(Students laughter)

You are filling in the gap. That we don't accept. You tell them how the skeleton of the body grows, the muscles, how they get old. Whole lecture you gave me in this morning, why don't you give them?

Student: Sure, what I do is, I look at a person and I check his whole spine to start this, how he put his feet then how their legs are and I measure the hips and I see how the whole spine is, so when there is uneven part in the hips, you are compensating in middle spine and you are compensating in your neck, so it is very nice when you have your neck out of place, the chiropractor will only manipulate you. That is the same as when you start building a house and the house, the foundation is not straight, the roof never can be straight, so you have to start from the base on and therefore we do massage and loosen up the muscle tissue and when the muscles are relaxed enough you can stretch the person and manipulate bones in place. When the bones are in place, the nerves are free and your inner organs are functioning better. So on one side it is technical thing and it has to be massaged to transmit energy so that where the person has blocked these energy

body and made contraction in the physical body, you replace it for new energy so that the worms can fall in place in many cases by itself. Well, that is mainly what I can explain about it.

YB: We have a friend, eighteen months he suffered with heel pain, there was no treatment. I asked her to because I don't want to work you know, that's my feature these days, so I asked her to fix it up, so she did it and it took about half a minute to fix it. He went happily, what she did telling him something which I appreciate the most, she said, "You do not know how to walk, you do not know how to stay, stand and you do not know how to bend." And he was shocked, next day he met me, he wanted me to explain to him.

I said, "She didn't explain to you?"

He said, "No."

I said, "I am not a fool to explain to you. You do not know how to stand, you do not know how to walk."

(Students laughter)

(YB's laughter)

I repeated his saying.

Student: I know how to live.

YB: They don't know how to live, they only know how to make money, that's it, they are money machines, they are not humans, it's very amazing as much energy you put to make money that much energy you put in living, you are very sight can heal a person. And it's true, your bone structure does not have nuts and bolts and strings and stakes to tie it down. It is based in muscles and some muscle you, I have seen those people who absolutely exercise. Don't misunderstand me. I was competing for Mr. India; I built my muscle to the extent. One day I did my hand, it took me three months to bring it down.

(Students laughter)

Absolutely, foolishly. I think I ruined my body then. I was a very flexible, flying athlete and I don't know what came to me. I wanted to be. I still, still my muscles are very good. I mean, structurally I am sixty six year old.

(Students laughter)

It is those standing instruction before mother. If I can stand before you, putting like the underwear, you will be shocked.

(Students laughter)

Yes. Ladies just see my legs.

(Students laughter)

I must say, **I am not joking but it came to that area that I found out my body does not obey me and then they have to massage and exercise the whole thing and I realized. All of you who will exercise think you have exercised that's not exercise. Exercise, the best exercise in this world is Bandel Kriya, you know what that is? Yes, yes, because nobody does it.**

(Students laughter)



(59,11) You know what best walk is? Walk on your fore with your feet steady and your hand steady walk. If you can walk eleven minutes, you can tell yourself, you are still young. Am I right? No, I am not right. You are not going to do it. You follow? Have you seen a kangaroo jumping? Seen it? Try that way. You will never be insensitive. Kangaroo can feel his enemy in any vicinity. It's fastest animal running but it goes on the hind legs touching the front, just for help. It's called springboard running. Walking on the fore will balance your entire spine. That's your original shape. You are not born to walk straight. Your original body is to walk on the fore, you

don't forget your ancestors. Here she goes, she doesn't love to talk because she knows I am going to tell her to say something else. No, she went through accident herself, she was totally cripple and she has totally rebuilt herself. That's why I appreciate people who have self-experience. She is the only one person who stimulates the iron cells of your body and moves the energy to heal that part, which she feels is not right. So basically what I am trying to tell you, this body is a given gift. Do not drift and do not create bad rift between you and yourself for pleasing others. You can't please everybody, there is no need. Why you are pleasing others? Sometime just please yourself. It's not bad idea. Don't offend anybody, just please yourself. Be yourself and if you are doing a Bandel Kriya, nobody will upset you because people think you are crazy. (Students laughter). They will not touch you. (Students laughter)

And Bandel Kriya is best for circulation, relaxation, muscular adjustment and it costs nothing. If you do not have a big house, you can do it there, go outside put four, five sheets and do it on the grass in a park. But do something, your everything will start changing. There are things, which this body is supposed to learn to do. There are simple yoga postures when you have done, you must relax in a yoga posture for a while. Feel good, thank you for coming and tolerating me. But I kept my words, I did not cancel the class, credit for me for that. Even I told Guru Singh standby, incase, I have to go for a run, substitute it that way but now we did it right. Now, I have to let you go with this little exercise. Create a spark, magnetic spark, fast, it has to be three times per second, quick, that will equalize your energy from top to bottom in every rhythmic sense. Move, move, move, move, use your force, you are not that dumb that you, come on, it's just a matter of energizing. It will live with you and whistle please.

(Students started whistling in the class)

YB (Talks over the whistle): As you touch whistle. Power, power, power, power, inhale.

(Whistle stops)

May the long...

(Students started singing 'may the long time' in the class)

(Students laughter over the song)

(Song stops)

Now whistle the song.

(Students started whistling in the class)

(Students laughter)

Inhale deep. Saaaaaa...

Students: Saaaaaaaaaaaaat Naaaaaaaaaaaaam.

YB: Blessed is the identity, blessed is the self, blessed is the body, mind and soul and blessed is Thee and that Thou, which keeps it together unto the pleasure with all into the bounty, beauty and bliss. May we live in peace, tranquility, grace, love and affection and find each one as us forever. We in our consciousness, us in our action and life as it is may process itself through the duality into divinity. Sat Nam. I will advice you not to leave immediately but if you have something very urgent than your life, please go.

(Students laughter)

I will like you to understand. This is a great day. Cookies will be served in honor of the twentieth anniversary as Siri Ram Singh and Kaur why? They are pretty good. Here is the very, very, old picture of these two guys marrying.

(Students laughter)

This Jew and this steady girl.

(Students laughter)

They are very good.

(Students laughter)

I was mad at him one time, he melted all the ice cream one day. He knows why, he thought, it's a cold Island. Well, he has come through, he is better than me, he is more steady than I am and he is heavy weight. I tried to be his weight but couldn't.

(Students laughter)

Please take the cookies, relax, talk to each other, relax, you have to be normal. You think you are okay. But I will not like you to go out and create a problem for me.