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Location: Orlando, FL

**SUMMARY MEDITATION:**

If you don't have that eye which can see the unseen, if you do not have the ears which can hear the unheard an you cannot speak which can speak unspoken word to the heart to heart, you have lost the game of your life. Numerical number doesn't matter, I am going to go India, come with me if you want to see numerical number. You want to see numerical number? My God, you can't believe, you can't believe it. Last time I went there for six days, you can't believe it. I couldn't believe it either and they were respecting me and I was squeezed to death, I mean almost, my God, they put their body around and to save me to breathe. Emotions can run that high. Numerical numbers does not satisfy a person, satisfaction in a person is the inner core which we are going to talk today. **The very inner core of mind is very pure.**

(22:46) **1°kriya 14 minutes (7+7):** Now, kindly put your hands in this position and these fingers must be open, not meeting and



Audio 1° part 17 minutes

hand must sit, elbow must sit on the lower ribcage. It's a very simple classic posture. Nobody's drink, these five fingers, this is Id, this is Jupiter, this is Saturn, this is Sun and this is Mercury. It will take about almost thirty seconds the energy will change in the body and start qualifying itself, you don't have to do anything, simply keep it in that balance. Not this way, not that way, sixty degree diagonal and just open it at and please close your eyes, calmly and quietly.

**fingers are opened.** Calmly and quietly, close your eyes, your hands out sixty degree and let the energy flow. We don't need you, simply we need your posture qualification, rest is our headache, we'll take care of it. Number two, please breathe through the mouth and breathe out through the nose and take longest, deepest, breath. That will clean out your entire system. Breathe through the mouth deep and full and breathe through the nose deep and full. Qualify yourself in that segment.

Hey, you are late, what happened to you? Airplane got stuck at the airport? You are the most accounted person, you should know time, come in. Hurry up, sit down. Participate now.

Put your hands at sixty degree, little all fingers separately open so the energy can flow in, close your eyes and breathe through the mouth in, through the nose out. Eyes close.

Ladies and gentlemen, exact in three minutes it will start making you

itchy. That's your first stage, but keep on doing. If you want to yawn and you want to feel relaxed and you want to see this and that, that's all considered okay.

Could you play that every breath of life?

There is nothing yet we have asked you to do except two things. **Let the energy inflow at sixty degree angle and these elementary angles are your life**, that's the way the God made you, it's not something I've discovered new and second is you must breathe through the mouth controlled breath, full complete and breathe out through the nostril.

**('Every heartbeat...' is played).**

YB: (Talks over the music) Don't move your spine. That's only one request. Keep spine straight. Keep spine straight. That's the only discipline we are asking. So the serum and spine and the gray matter can change at its frequency which is required.

Hey you, close your eyes, do it right.

**You are entering a twilight zone after three and a half minute.** The body energy will start changing at two point one frequency para millimeter. Hold grounds tighter.

Let the fingers of the hands remain straight and without any control but don't let them twist inside. In other words don't let the fist happen.

**Every cell in you or ten trillion cells which are thirty trillion living cells is God in you. Let the change happen in that qualified manner.**

You have a fatigue of years and years and years mental fatigue, let it go. **Please breathe in through mouth and breathe out through the nose.** This will take away the fatigue, fatigue, fatigue of years.

**Steady the posture now, your posture will be effected. No human has the capacity more than six minutes.**

Because the cell will change the molecules your posture will be effective, control your spine. Keep it straight at any cost.

Learn it as a science and an art not just a gimmick, not just a class, experience it.

**Get to the tape, 'Har.'**

Change it now it is seven minutes.

(Music ends).

Totally solidify yourself like a solid Yogi, in union between you and your body, your mind and self.

**Breathe through the mouth and breathe out through the nostril so that you can get rid of all the fatigue. I like you to leave this room totally cleared out.** I am not a scientologist [scientist] that I have to work years and years on you till your pocket even can't afford it. So we have to do it today, right this minute.

**(Music is played)**

Follow the sound, utter it.

**From the navel point.**

**Press the navel, press the navel.**

**Inhale, cut, cut, cut, relax quickly.**

(Music ends)

You are spacing out. You can't handle it, (38:16) **just relax, relax, move your shoulder, we'll start again. Move your shoulders, stretch your legs, be ready. Hush, unlock your leg, stretch it out, let the circulation go and don't let the body sleep. Because we have to go into that transformation where you are not you, you understand that? It's better we do it by stages than hurrying up into it so we are not in a hurry, don't we? We have any program tonight other than this?**

### **BREAK II Part 31 minutes**

(1:03:12) **the next part of your course is to change your gray matter. Gray matter is the refreshing substance under the skull for the health of the brain in which you float and it can be exchanged by the serum inlet and outlet for which you will be qualifying factor.**

When we started 3HO, we used to do Sat Kriya for about two hour and half hour everyday, remember those days? Those are old good days. Because we were always high and wanted to be that standard, now we don't care. Now we don't speak our car-talks. That day I closed somebody's car, a man came to see me and I closed the car and the car said, "Kindly shut the door gently." I freaked out. It was computerized car. It has such a sensitivity on everything, it talks like a human and I had a ride in one car it says, "You are going over the limited speed, you can save the time but policeman can mess you up. You are seven miles over your speed limit."(1:04:36)

And I say, "How car knows that we are in that area?"

He say, "This car has sensor it reads every mile control sign."

So one day I think, you all will be put in a suitcase where you will all computerized but up to that time let us see what you can do tonight for us, all right? (1:05:00) **2° kriya 7**

**minutes: You have these two hands, right? You see, now watch me, Flat hands, facing down, forearms paralel to the groiung , making circles like cleaning a table but hands are moving in opposite directions**

**This is creating the vibration , this is just like in this balanced speed , fast and this has to be three times per second. The frequency, I can tell you, I can do it, you can do it too. You will sweat exact in three minutes, your rate of breath will change , three times per second it means in one minute, how many times you do? Sixty into three. Ah, ah, let's see how big gold macho you are, let's see. Go fast and please close your eyes and go fast, faster you go, your spine will move, your body will shake and this shake will save you from old age. Move.**

**3 movements per seconds, 180per minute**



Audio 2° Part 35 minutes

both. Fast, fast, this is not the speed, hundred eighty times per minute. I am going to write to the man who started Kundalini yoga that he should have some concession but I do not know the address, that's the problem. It is thousand... No, no, **move, move your entire body will move and your sciatica in the legs will start hurting, not in the hands, hands are the cause of that. Move fast.**

I am pretty old, I can do it fast, you can do it too. That's all practice, nothing else. You are pretty good, keep doing.

Yeah, yeah, see, hey, come down on here, show them. **Up, up, up, yep, yep, yep. Move, move, move, move,** at least seeing me they don't bother. Oooh, come on, ooh, you need that kind of sixties' spirit, in order to do all this. I am right what I am saying. **Come on, move fast.** Your powder and mascara will come down and **you will have absolutely new face,** all red like a Washington state apple. Have you seen those red apples? That's how the face will look like, hot, red. Move.

Your rate of breathing will change, you will breathe very quick, that is how we give birth to the breath of fire. Yoga is a very continuous science. Kids are doing better than the older ones, I don't know why, but they are pretty good. Come on, move for God's sake.

You think you are from Washington, you are exempt? Move fast. Move, move, move. Hey Gur Dan, New York water is very cold, you should be very young, move fast. That's wrong, you have gone lazy boy, business man from a yoga teacher.

She wants to serve Maa. I want to see you doing one eighty times right now. Yeah, Krishna Priya, that speed should be to do, she is doing it, you have to do it fast. You have to all do it fast so the spine must adjust. All injuries of the spine can be adjusted if you just adjust your spine by this heavy speed. Move, move, move.

You wanted to know how we become humans, just like this. If you want to know our history go to Colorado Boulder university, six hours straight, no stopping. That's our record.

See this guy how he is doing, you all are looking at him and nobody wants to follow the route? There's nothing more high than just doing this. Go, go, go, still try, you have a minute and a half to go, there is nothing I can do, except I can watch and pray.

Move, move, move, move.

Thirty seconds left. Harder.

Fifteen seconds standby.

**Ready, (1:12;09) inhale deep and squeeze your body, parthahar, squeeze your body, every muscle. Make a fist and squeeze and squeeze the spine upward, squeeze the spine upward, squeeze the spine from bottom to up. Exhale with a thunderbolt. Inhale deep, now squeeze again. Now every muscle around the vertebra of the spine please squeeze. Put the entire pressure on the body all the way up. Let it go, not yet, inhale deep again. Ready, squeeze, relax.**

**Kriya 3<sup>o</sup>. Could you put your hands on your lap like this, like me, I am sitting and close your eyes and do nothing? Absolutely nothing, no thought at all? Because you must learn to be thoughtless so that the divine can help you.**

**Put that 'Wahe Guru' mantra. 25minutes**

**Just become thoughtless, no thought. Whatever thought comes you are not. Cut it out. If a person does not have the power to stop the intellect from thoughts then there is no chance for entry of the God total in the life of that person so you must become thoughtless now. And even the music we are playing, decidedly don't listen. Re-direct yourself not to connect with any thoughts whatsoever.**

(Wahe Guru mantra is played).

YB: (Talks over the tape) Very slowly. It is on the heartbeat, don't have to worry.

**Wahe Guru is Thresha Guru mantra. The personal mantra of Brahma, Mahesh and Shiva.**

Be thoughtless.

No thought, don't make schedule of Maa right now.

Let the control go, be thoughtless.

And right now the triangle, the Trikuti of God is meeting. See nothing, hear nothing, and be nothing.

Be thoughtless, be thoughtless.

Fight it, fight it.

You have it? Ready? Change it quick.

(1:29;51 **Tape ends.**)

At the highest pitch.

(Wahe Guru Jio Sing Kaur Music is played).

YB (talks over tape): **You have eleven minutes to float in the thoughtless form. Synchronize your mind under your control.**

Five minutes of thoughtlessness, concentrate all your faculties.

**Slowly and gradually please start raising your hands straight up. Slowly, I am not saying it highly. It should take a (1:35;29)minute and half, slowly. Turn your hands into antenna.**

**Graciously, slowly and steadily.**

**Straight up single, no bend in elbow or otherwise.**

**That will pull the spine, fix the gray matter and set the rules for tomorrow.**

Stretch out. Slowly but steadily.

All five fingers open like steel. Wire yourself.

What you are doing now is the most important Kriya, it's called Pancha Shula.

Fingers must be tight like steel as they are entering the heavenly abode.

You have thirty more seconds to go. Stretch it hard.

(1:37;09) **Inhale deep.**

(Tape ends).



Inhale deep, stretch, stretch the entire spine. You will never be hurt in life, if you can do it right now. Stretch it hard and with a cannon fire breathe out. Inhale deep, deep, stretch again, hard, breathe in, hold tight, stretch hard, hard, relax. Day is done.

## LECTURE

I am going to sit on this?

Student: No.

YB: I think, I'll do this. That's better, right? Ooh, hoo, hey, where is the holy mother?

Student: She is around (?)

YB: Where? Jesus Christ, you are back of me.

Student: (---)

YB: Look ma, I want to tell you publicly something. I have heard lot of bull and I am quite sixty five years old and I am not going to tolerate this that you are not a holy mother, so apologize for that publicly.

Ma: No I said I was the holy mother, (?).

YB: Hey that is a change of statement. Holy you are, holy is that who controls the nine holes, goes to the work, serve the people and the way you are doing, we should be proud of it. I am not willing to look into how many students one has, how many charismas one has, how many powers one has. Telling you very honestly, I am a Yogi by my right, I did all that miracles and practice it and everything. It took me four and a half year to get rid of them and still I can do what you do. Therefore I have to honestly acknowledge it, it's not something.

One thing about me is, I am very straightforward, correct?

Ma: (?).

YB: No, I am telling you what really you are therefore you should acknowledge and keep on doing till your last breath because that can't stop. America needs now a counseling on death. Now America needs comfort on death and that's your main job. You are a woman of peace, woman of tranquility, we honor you and we have been honoring you and that's the way I look at it. I don't look at it the way you look at it. I am not a professional in that way but I am very crook. Because if you do not know what crookedness is you better not be a holy person and see among all these people, if you say I am very crook their face changes as they are all gentlemen, can you believe this? They are not.

If a person does not know what depth is, he doesn't know what height is. If the person does not know what lie is, he doesn't know what truth is. If person does not know your service then a person know what service is. So I have to acknowledge that and I am not worried about that.

Tonight is my class. Hey, you guys have brought me presents, right? Who? Our that guy? Where are you? You made this finally? Try to please me but where is my khanda? After one year you give me this little thing as I don't have jewelry, that's surprising. It's pretty good. What is the stone?

Student: It's jasper on, in that garnet surround (?).

YB: Cheap stone for me. See what I am wearing. Even if I have to fake it give me something good. Looks good though, artistically it is right, commercial value so, so. And I want my khanda, if you give me straightforward I am publicly telling you otherwise I'll get it out of your blood, I am telling you straight, I need that, for your sake because you can do better work. My job is not to see you, oh, hi baby.

Student: (---).

YB: That's nice, good bird and then what? Shawl for India? Okay, when we go India we'll take this. One more, so you are going to give me? Where is your wife?

Student: She is not here, sir.

YB: You can't switch his... That stuff, I need that.

Okay remind me, I've got a small, beautiful kirpan which is very unique and you should take that as a sample and start manufacturing, it's beautiful, it's under my pillow. So when you come to New Mexico, I'll give it to you. So what is my subject tonight, anybody knows?

Student: (---).

YB: Oh, I know that, that you've been telling me since afternoon. I slept today to teach and she has been telling me what my subject is. What should I do? I have to learn subject then I am going to teach. Problem is that, in this course of mine today I have to put you through trance to get rid of your immune system to co-relate to your glandular secretion and your nervous system to relate to your fiber, muscular, fatigue, you understand what I am saying? So in this, I'll seek, normally I don't ask for it but I have to ask for this because some of you are must be here for first time, you have to co-operate at least sixty percent. It's a hard class, it's not going to be hello, come and thank you and I am going to talk philosophy and tell there is a God, everybody knows there is. If He is not then it is His problem not ours. So technically speaking let us talk facts. Facts are these and these facts you can hear.

I was talking in the temple today and I was trying to ask those people those question also, same question I ask you. There are four words, Roop, Swaroop, Anoop, and Kuroop. If anybody knows these four words he understand God and His kingdom better than anybody else. Swaroop means the body, the being. Being is called swaroop, we are human being, that's a given fact. Now I cannot tell you that pericardium has three layers of the heart, until you are a heart patient and doctor will tell you, how electromagnetic field, biorhythm and rhythm in cross and diagonal rhythm works you will never understand. But it is there, it is in every heart. How you know that seventy two cells of your body change every seventy two hour without your knowledge? How you know, when I was in UCLA I had said, "We have twelve glands."

They say, "We have nine."

I say, "No, we have twelve glands." They challenged it and then they understood, "Yes we have twelve glands."

Our glandular system is the guardian of our health. If the glandular system does not secrete the chemistry of our health is absolutely inefficient. We have three enemies only, inefficiency, deficiency, and inadequacy. Making spirituality as a big demon is not the right way. This is not the teacher's way. This is a facade which we build to get your money. We all do it. Our idea is to tell you, you are incompetent, incapable and you are ridiculously nothing, so follow me and then I'll deliver you. This has been going on for centuries but it doesn't work. You have to know, you have to follow your own instinct, your own imperial self, your own imperial Divinity and you will make it now. And if I or anybody else can be helped in that congregation and that context that's worthwhile. That is, it is one is a preacher, one is a teacher.

Relationship between a teacher and a student is not emotional, not commotional, it's the most deadly relationship. When a teacher meets the student, chisel meets the stone. So what happens? Spark happens, that's how it goes. Today you can adapt a teacher, tomorrow you can leave him. You are all gringos, western you know, you do window shopping. And "I like my teacher, I hate my teacher." You know, when I hear it last twenty five years I think you are all stupid and block. Because teacher is not liking, disliking. It's not love and hatred relationship, it's not a father phobia or mother phobia and that kind of relationship, it's a relationship, teacher is a teacher. You have one chance in your whole life to adapt one person as a teacher once, the soul has been promised by God that you shall meet your teacher once, not second time, period. You can leave it or you can have it.

I have so many 3HO left graduates, I call them. They are around, neither they leave me nor they are with me, they are in the twilight zone and sometime they ask me question, "What will happen to me?"

I say, "Nothing, you will go through nine point six million re-incarnation and then you will study with one of my student and you will be free. It's a matter of time."

"But why couldn't we study with you?"

I say, "Because I am stupid and you are wise, that's why."

My stupidity is I am single minded and I tell you this is it and you can't believe it, your ego cannot take it. Where there is a ego there is no amigo. You know, what is the value of ego? Ego value is you. You know Judeo-Christian tradition, right? And Maa goes everyday to put people into the grave and what do their priest say? Ah, dust to dust, right? Now there can be no better curse than this, nobody says, dust to heavens. Ask any priest to say it, they can't. Because then they have to give you Shamardhan, then they have to give their prayer, their spiritual value to that soul saying, "Dirt to heavens. Go now baby and God shall receive you, your karma here are closed down." That is the job of the priest to persist the freedom and incarnation of the soul. And that's the job of the teacher.

There is a one picture which I always like, there is a cat on the tree with his nails, right? Underneath it's written 'hang in baby,' right? That's a student can do. He can hang, doesn't matter whether the teacher is ridiculous or teacher is great, it doesn't matter. It doesn't matter because every student is going to be greater than the teacher anyway, so what is the matter? Because every student is tomorrow of today and today is that of yesterday. So basically you all within your right are teachers in the making. And right now when you are with your student you are teacher in the faking, so that's how it is. So once a while you fake too much and you think you got whole thing in the palm of your hand and that's ridiculous. Because once I was seven year old when I went to my teacher and my grandfather said, if you want to learn something, go and have a teacher. I was a prince, I never needed anything, not a thing in the world and one day I was walking with him and he said, "Did you see what's you saw?"

"Yeah, everybody bow to you and to me." That's what I saw, oh that's what happened you know when. And he said, "All these people, thousands of people bow?"

I say, "Yeah, they bow to you because you are the holiest of the holy, everybody respect you and I am your grandson and I am also next in this right of this state, I am next to it and they bow to me too."

He say, "You are wrong."

I say, "But what is right?"

He say, "These heads which bow to you today, if you do not have the wisdom to keep them bowing, your head will one day be bowed and cut and will roll in this dirt. They don't bow to me, they bow to my wisdom, to my Divinity, not to my ownership of the state, not to land, not to which you are heir, so you better learn it now."

I say, "Where I should learn that? You can teach me?"

He say, "Go and find a teacher." And God bless me, I found a teacher [who] which is the most cruel and known for his own system, that I should say politely. What he skin me through I just learn and I'll advise you, never have a teacher. That's why I am very mild. First day, you know, I went with my fifty servants and horses and tents and you know whatever regalia you carry with you. By the time I come back, I have bunker bed and a lime bucket and my job was to clean outhouses and put lime there so

that they may not stink. And one thing he told me, "Man is neither rich nor poor, man is either going to learn and become learned or he is stupid, which way you want to go?"

And I say, "I got it all, don't worry. You will never have a complaint again."

He say, "All right, that's a deal."

I say, "That's the deal."

He said, "Then you are admitted."

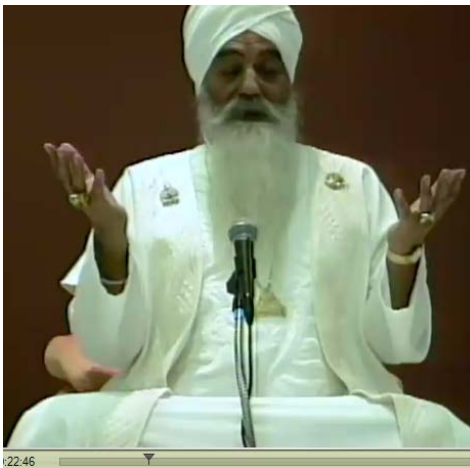
Here you do window shopping. You do window shopping with your children, you do window shopping with your families, you do window shopping with your teachers, you do window shopping with your town, you do window shopping with your life and marriages, you window shopping with your family, you window shop with everything because you are not satisfied, you want something better, you are looking for something. My dear friends with these eyes you can't look a damn thing except a sign board on the road. You have to have another eye through which you can look.

If you don't have that eye which can see the unseen, if you do not have the ears which can hear the unheard an you cannot speak which can speak unspoken word to the heart to heart, you have lost the game of your life. Numerical number doesn't matter, I am going to go India, come with me if you want to see numerical number. You want to see numerical number? My God, you can't believe, you can't believe it. Last time I went there for six days, you can't believe it. I couldn't believe it either and they were respecting me and I was squeezed to death, I mean almost, my God, they put their body around and to save me to breathe. Emotions can run that high. Numerical numbers does not satisfy a person, satisfaction in a person is the inner core which we are going to talk today. The very inner core of mind is very pure.

My mind sways from nothing to everything and my body is a carrier, body does not obey any law, God can forgive you anything, mother nature will never. You can understand, you can learn from me. I over did my body for twenty years and I have gone through the hell myself. Now I am covering my body just minute to minute, it's a very itchy situation. Spirit wants to be everywhere but that's not for you are for here. You are here tonight for personal transformation of your transcendental experience. You have to come out of your skin problem. How you look? Your feature problem, how you are? Your age problem, these are classical handicaps. How do I look? What my age is? How I am? What I am? You measure everyday. Either you are worried about yesterday or you are worried about tomorrow. Yesterday you were worried because you are carrying the memory, tomorrow you should not worry because tomorrow will become today and then face you. No tomorrow shall face you until it becomes today. And if you don't live to face it, job is done.

So let us get into the form of action, ready? Is that understood? Now, first of all, we have to see how much pranic shakthi we have? After all you are going to deal with your original power and original power is a very simple rule. You have to call on your impersonal, you have personal, impersonal and self. You have three things, that's the trinity of you. So if you call on your impersonal you will have tons of energy. If you call in your person you will be depressed. And you should have that power, whenever you face a circumstances to call on your impersonal, impersonal is you beyond you and personal is you within the realm of your all knowledge. So unfortunately in Kundalini yoga all knowledge and personal with all his person is rejected to start with. We consider that useless, that means food has been eaten, finished, so what do you do? Clean the plates. Now let's think of menu tomorrow. So there is a difference right here. So you are going to call on your impersonal, right?

(22:46) **1°kriya 14 minutes (7+7):** Now, kindly put your hands in this position and these fingers must be open, not meeting and hand must sit, elbow must sit on the lower ribcage. It's a very simple classic posture. Nobody's drink, these five fingers, this is Id, this is Jupiter, this is Saturn, this is Sun and this is Mercury. It will take about almost thirty seconds the energy will change in the body and start qualifying itself, you don't have to do anything, simply keep it in that balance. Not this way, not that way, sixty degree diagonal and just open it at and please close your eyes, calmly and quietly.



Calmly and quietly, close your eyes, your hands out sixty degree and let the energy flow. We don't need you, simply we need your posture qualification, rest is our headache, we'll take care of it. Number two, please breathe through the mouth and breathe out through the nose and take longest, deepest, breath. That will clean out your entire system. Breathe through the mouth deep and full and breathe through the nose deep and full. Qualify yourself in that segment.

Hey, you are late, what happened to you? Airplane got stuck at the airport? You are the most accounted person, you should know time, come in. Hurry up, sit down. Participate now.

Put your hands at sixty degree, little all fingers separately open so the energy can flow in, close your eyes and breathe through the mouth in, through the nose out. Eyes close.

Ladies and gentlemen, exact in three minutes it will start making you itchy. That's your first stage, but keep on doing. If you want to yawn and you want to feel relaxed and you want to see this and that, that's all considered okay.

Could you play that every breath of life?

There is nothing yet we have asked you to do except two things. **Let the energy inflow at sixty degree angle** and these elementary angles are your life, that's the way the God made you, it's not something I've discovered new and second is you must **breathe through the mouth controlled breath, full complete and breathe out through the nostril.**

**('Every heartbeat...' is played).**

YB: (Talks over the music) Don't move your spine. That's only one request. Keep spine straight. Keep spine straight. That's the only discipline we are asking. So the serum and spine and the gray matter can change at its frequency which is required.

Hey you, close your eyes, do it right.

**You are entering a twilight zone after three and a half minute.** The body energy will start changing at two point one frequency para millimeter. Hold grounds tighter.

Let the fingers of the hands remain straight and without any control but don't let them twist inside. In other words don't let the fist happen.

**Every cell in you or ten trillion cells which are thirty trillion living cells is God in you.** Let the change happen in that qualified manner.

You have a fatigue of years and years and years mental fatigue, let it go. **Please breathe in through mouth and breathe out through the nose.** This will take away the fatigue, fatigue, fatigue of years.

**Steady the posture now, your posture will be effected. No human has the capacity more than six minutes.**

Because the cell will change the molecules your posture will be effective, control your spine. Keep it straight at any cost.

Learn it as a science and an art not just a gimmick, not just a class, experience it.

**Get to the tape, 'Har.'**

**Change it now it is seven minutes.**

(Music ends).

Totally solidify yourself like a solid Yogi, in union between you and your body, your mind and self.

**Breathe through the mouth and breathe out through the nostril so that you can get rid of all the fatigue. I like you to leave this room totally cleared out.** I am not a scientist [scientist] that I have to work years and years on you till your pocket even can't afford it. So we have to do it today, right this minute.

**(Music is played)**

Follow the sound, utter it.

**From the navel point.**

**Press the navel, press the navel.**

**Inhale, cut, cut, cut, relax quickly.**

(Music ends)

You are spacing out. You can't handle it, (38:16) **just relax, relax, move your shoulder, we'll start again. Move your shoulders, stretch your legs, be ready. Hush, unlock your leg, stretch it out, let the circulation go and don't let the body sleep. Because we have to go into that transformation where you are not you, you understand that? It's better we do it by stages than hurrying up into it so we are not in a hurry, don't we? We have any program tonight other than this?**

Student: No Sir.

YB: So we can handle it, right? Oh, oh, run to bathroom, that's another problem, God.

This was just a preface, **we'll transact into, into the non-identity. Once we transact into non-identity, you experience yourself and then we will be finished. But we will do it in stages, I don't think we are in a much hurry neither we want to push tonight to the extent that it looks odd, so if you have a bladder full, unload it, if you are thirsty drink it. If your legs are sleeping open it, if your shoulders are tight and please remember in this, you cannot do one mischief, you cannot close your fingers into fist. That you can't do. That you must all keep open.**

Yeah just walk little bit. Walk, walk, walk, walk, walk.

Student: (---).

YB: No, that's all right. That's why I stopped, there are (?) that's how it starts. But these are all Sadhus see, they are going to do it.

Wow, you have come late too?

Student: Yes Sir.

YB: I can't believe this, you guys have your own time.

**Everybody among you is supposed to serve another human being. How you can do it? Only the way you should remain balance and help another person to keep balance. That's the way to go.** So technically just at this moment relax and feel good because second time we are not going to give you that much off as we have done now.

That's [he is] a good young man. You are good.

Yeah, yeah, yeah, I was watching.

You know why we sit higher? So we can look at everybody.

I told you that Khanda, under my pillow there is a kirpan, I got it from Amritsar, it's the most beautiful thing and you can copy that. You can really copy that, it's very beautiful. I know, I know the baby truth. I know. I know that baby, I know.



Student: (---).

Tonight? Okay. Come, come.

Hey, start it now.

Student: I want to have an appointment after class.

YB: Hello, let us return to the base now. Come, come, come, come, come, back to normal.

Amrut, you are going to see me tonight?

Student: Yes.

YB: Okay.

All right now, let us start the second part of it. Those who are outside will join us later, that's all right.

**The second part is physical.** First you started with the breath, now you are starting with your electromagnetic reverse field. You must understand, you have the right for disease and your right for your healing and sometime people like us who want to go home, they use any system they choose. **Death is not by years, by months, death is by breath of life, that many breath of life you have. If you take one breath a minute, twenty second to inhale, twenty second to hold and twenty second to exhale and start practicing like eleven minutes a day, then twenty two and thirty three and that's how the scriptures says. And if your life granted is hundred year, let us put it this way, you can live fifteen hundred years. And it's not a miracle. It is not considered miracle because each breath on average, you take fifteen breath per minute. So if you take one breath per minute you can make your life multiply by fifteen whatever life is, provided you want to live that much.**

**I just learned in my life, once I was called in Amritsar and I couldn't refuse it because it was the head priest of the Golden Temple who asked me to come along. And he said to me, "Yogiji, Guru Ram Das listen to you, God listen to you and we are very much ashamed, we have done everything we know but you have to come with me."**

I say, "What is that special thing you can't do? You are the head priest, I bow to you. And what is this new thing?"

He say, "No, no, no, you come with me." So he dragged me through the streets of Amritsar and took me to his very beautiful, palaceous(palatial?) house. There sits a man hundred [and] twenty year old and all he said is, "If I can die today I pray to God that you be blessed."

I say, "That's I need, I needed a blessing."

Hundred [and] twenty years! This man has been on that bed from last twenty years and he was not dying. So sometime you think, that's why people worship Shiva, the God of deliverance. So they say, **when their last time comes they should go free.** The idea is that **when my last moment comes, when I close my eyes, this is, this whole rigmarole of spirituality and personality and whatever you do, how great you are, I am not going to judge it but you are going to judge it. The last minute you will have exactly sixty two seconds, that's what the deal is, rest is all karma. Sixty two seconds, you will see the panorama of the whole life action. And if you can't close your eyes and say, "I am coming home, I've done my job." You have done nothing.**

**It doesn't matter you are a Jew or a Christian or a Buddhist or a Sikh or a Muslim or Hindu or God knows you are nobody or atheist. It doesn't make any difference. All decision is based on that sixty two seconds. That's one minute and two seconds. When within exact eleven seconds you will see every action of your life, absolutely correct and then you have other thirty three seconds to feel and enrich yourself, that is forty four seconds. And rest of the time is for you to do your last prayer and period. And if you say, "Thank you, I am coming home." You shall go home and if you are not or cannot say that, spin, the whole orbit is for you. And it applies to the holiest man and to the ordinary man.**

Ajmal was the most sinful man ever born on earth. So, a sadhu came and he asked him, "I can't help but to commit sins."

And he said, "What you love most?"

He said, "I love my grandson the most."

He say, "Call him Narayan."

He say, "Why?"

He say, "Just I said so. Just call him Narayan."

He said, "Okay, that's it? And I can do anything I want?"

He say, "Yeah, you can do anything you want, there is no problem."

So when Ajmal was on his last breath, at that time his longing was to call his grandson, Narayan and he said, "Narayan, Narayan, Narayan." And there he goes. And Narayan didn't come up but he went to Narayan. That's why **mantra means mental vibratory projected thunderbolt of the human. Mantra, Mann Tarang, mantra is the only... But what is a mantra? Mantra is a permutation and combination of sound system in which you project at more than two point five(2.5) frequency of psyche.** That's what mantra is, like 'Har' with the navel, har, har, har, har. It's a sound, it's not that you have to speak it.

I once went to Rishikesh to a conference and there was many, many, people and you have seen people chanting 'Om' and you see them chanting 'Hari Om, Hari Om, Hari Om,' right? It's not true, that's not 'Om' is, ummm. And I am not very good, yet. That is 'Om,' it is in the conch of the human. It's a sound which cannot be spoken but it can be created and it's not Hari Om, Hari Om. When these people do it, I know they are wasting their time but I am not supposed to say anything because they say, I am sacrilegious and I tease people and I joke with them, mock with them and... Recently one of our teachers said, "He had not been a good teacher."

I told him, "Who is good teacher?" He went in confession and I told him, "Eighty million Catholics confess, they don't create one thing, what the hell you are going to learn from?" But you know, he was into confession, go on confessing everything, will that bring you pardon? No. If you want to confess later, damn it, don't do it first.(?)

I mean to say, I agree you should confess, but why to do it begin with? What's that, is somebody invited you? What you are going to confess later, don't, you cannot avoid consequences. You can only control sequence. Once you start the sequence you shall face consequences, caught or uncaught. And just remember, all good action, bad actions are subjected. When your credit is not there your check will bounce. So in your life also your projection positive and your projection negative will create a balance sheet. And the effectiveness in your life is when it's positive. There's a credit to it.

In life it is not love that matters, it's the trust you carry and it's not life that matters, it's the courage you have to carry that trust. I love you, I must carry the trust. You know why I came in this country? I was in-charge of, now it's called Indira Gandhi airport, it used to be Palam airport. I was the custom officer in-charge. So I saw you American gringos, I call you coming with tons of money and you had to declare that. And I saw you going also with nothing. And when an opportunity came to me in my hand that I have to leave India, because I didn't want to go to teach what I can teach to Soviet Union, I took shelter in Canada and from Canada I came here. But the fact of life is I saw why not to go at home and teach new things. What new things are? A teacher should be independent by business, pay his taxes, run his own money and then give it to the students, if need be. If a student is dependent on a student, he is not a teacher and that's how I started. Because when you depend on somebody then you cannot speak openly what you have to say. Dependency is a sort of slavery and teacher has to be imperial, divine self.

I am not saying God does everything, God does everything, anything and God will take care of you that's okay, that's my philosophy. I have two ways to live, either you go after million things and hustle or sit tight and let two million things come to you and let somebody keep the account book, either way it works. You have the right of psyche. Normally your psyche is one point five(1.5) or less, that's the human average psyche, psycho-magnetic projective field, that's what you create and that's ordinary. Near about two point one(2.1), two point two(2.2), two point three,(2.3) two point five(2.5) is plus, beyond that is great. That means how much area you cover, how much you attract, how you manage to get to. And this projection it depends upon you not on your neighbors. So technically speaking, when we are fatigued in our body and our psyche is down that's why we feel mentally not alert. It's the mental alertness which is the altar of the soul. On which we must get rid of anything we want.

According to all scriptures and pundits and astrologers, I am supposed to live forty eight years. I am forty eight years still hanging in, that's why I say 'Hang in baby, you are not needed at Home.' Sometime doing good work is no good either. They extend your thing. When I was in a government job I used to say, "What damn I have done, every bad job is only for me not for anybody else?"

And they used to say, "Well, nobody else can do it."

And now I say, "I shall not go to hell, doesn't matter what because there is no better hell than America, I am already here qualified."

Oh yes, I mean to say, I have come from a country and discipline where people do not look at the face of teacher but look at his feet. Here they first look in your eyes. Am I your soulmate? When people used to start in Hollywood doing me, "Am I Yogiji your soulmate?"

I say, "What is your rate ma'am?" There was no consciousness here, not at all, it was all joke. Peter Max, that Peter Pan, multicolor and everybody was everywhere and I used to end up with three thousand to six thousand naked girls and boys running around, hallelujah, and nobody knows what God is, but that was God. That was a evolution. You know what's that, this four piece suit Americans saying, "Hey, we are free." That was God. Now everybody admits, they puffed, some inhaled, some didn't.

(Laughter).

Yeah. Doesn't matter he is a democrat or he is a republic. They do not understand people get tired of being nothing. People have to be something and tonight, (1:03;12) the next part of your course is to change your gray matter. Gray matter is the refreshing substance under the skull for the health of the brain in which you float and it can be exchanged by the serum inlet and outlet for which you will be qualifying factor.

When we started 3HO, we used to do Sat Kriya for about two hour and half hour everyday, remember those days? Those are old good days. Because we were always high and wanted to be that standard, now we don't care. Now we don't speak our car-talks. That day I closed somebody's car, a man came to see me and I closed the car and the car said, "Kindly shut the door gently." I freaked out. It was computerized car. It has such a sensitivity on everything, it talks like a human and I had a ride in one car it says, "You are going over the limited speed, you can save the time but policeman can mess you up. You are seven miles over your speed limit."(1:04;36)

And I say, "How car knows that we are in that area?"

He say, "This car has sensor it reads every mile control sign."

So one day I think, you all will be put in a suitcase where you will all computerized but up to that time let us see what you can do tonight for us, all right? (1:05;00) 2° kriya 7 minutes: You have these two hands, right? You see, now watch me, I am going to start doing it and you are going to do it after me.

This is creating the vibration, this is just like in this balanced speed, fast and this has to be three times per second. The frequency, I can tell you, I can do



**it, you can do it too. You will sweat exact in three minutes,** your rate of breath will change, three times per second it means in one minute, how many times you do? Sixty into three. Ah, ah, let's see how big gold macho you are, let's see. **Go fast and please close your eyes and go fast, faster you go, your spine will move, your body will shake and this shake will save you from old age. Move.**

Sat Nam Singh you are coming to the ashram to read my hand?

Sat Nam Singh: Yeah.

I've got a new cane for you don't worry. I'll get you there.

Hari Nam, Hari Nam, Hari Nam, both. Fast, fast, this is not the speed, hundred eighty times per minute. I am going to write to the man who started Kundalini yoga that he should have some concession but I do not know the address, that's the problem. It is thousand... No, no, move, move your entire body will move and your sciatica in the legs will start hurting, not in the hands, hands are the cause of that. Move fast.

I am pretty old, I can do it fast, you can do it too. That's all practice, nothing else. You are pretty good, keep doing.

Yeah, yeah, see, hey, come down on here, show them. Up, up, up, yep, yep, yep. Move, move, move, move, at least seeing me they don't bother. Oooh, come on, ooh, you need that kind of sixties' spirit, in order to do all this. I am right what I am saying. Come on, move fast. Your powder and mascara will come down and you will have absolutely new face, all red like a Washington state apple. Have you seen those red apples? That's how the face will look like, hot, red. Move.

Your rate of breathing will change, you will breathe very quick, that is how we give birth to the breath of fire. Yoga is a very continuous science. Kids are doing better than the older ones, I don't know why, but they are pretty good. Come on, move for God's sake.

You think you are from Washington, you are exempt? Move fast. Move, move, move. Hey Gur Dan, New York water is very cold, you should be very young, move fast. That's wrong, you have gone lazy boy, business man from a yoga teacher.

She wants to serve Maa. I want to see you doing one eighty times right now. Yeah, Krishna Priya, that speed should be to do, she is doing it, you have to do it fast. You have to all do it fast so the spine must adjust. All injuries of the spine can be adjusted if you just adjust your spine by this heavy speed. Move, move, move.

You wanted to know how we become humans, just like this. If you want to know our history go to Colorado Boulder university, six hours straight, no stopping. That's our record.

See this guy how he is doing, you all are looking at him and nobody wants to follow the route? There's nothing more high than just doing this. Go, go, go, still try, you have a minute and a half to go, there is nothing I can do, except I can watch and pray.

Move, move, move, move.

Thirty seconds left. Harder.

Fifteen seconds standby.

**Ready, (1:12:09) inhale deep and squeeze your body, parthahar, squeeze your body, every muscle. Make a fist and squeeze and squeeze the spine upward, squeeze the spine upward, squeeze the spine from bottom to up. Exhale with a thunderbolt. Inhale deep, now squeeze again. Now every muscle around the vertebra of the spine please squeeze. Put the entire pressure on the body all the way up. Let it go, not yet, inhale deep again. Ready, squeeze, relax.**

**(1:13:14) Could you put your hands on your lap like this, like me,** I am sitting and close your eyes and do nothing? Absolutely nothing, no thought at all? Because you must learn to be thoughtless so that the divine can help you.

**Put that 'Wahe Guru' mantra.**

**Just become thoughtless,** no thought. Whatever thought comes you are not. Cut it out. If a person does not have the power to stop the intellect from thoughts then there is no chance for entry of the God in the life of that person so you must become thoughtless now. And even the music we are playing, decidedly don't listen. **Re-direct yourself** not to connect with any thoughts whatsoever.

(Wahe Guru mantra is played).

YB: (Talks over the tape) Very slowly. It is on the heartbeat, don't have to worry.

**Wahe Guru is Thresha Guru mantra. The personal mantra of Brahma, Mahesh and Shiva.**

Be thoughtless.

No thought, don't make schedule of Maa right now.

Let the control go, be thoughtless.

And right now the triangle, the Trikuti of God is meeting. See nothing, hear nothing, and be nothing.

Be thoughtless, be thoughtless.

Fight it, fight it.

You have it? Ready? Change it quick.

(1:29:51 **Tape ends.**)

At the highest pitch.



(Wahe Guru Jio Sing Kaur Music is played).

YB (talks over tape): **You have eleven minutes to float in the thoughtless form. Synchronize your mind under your control.**

Five minutes of thoughtlessness, concentrate all your faculties.

**Slowly and gradually please start raising your hands straight up. Slowly, I am not saying it highly. It should take a (1:35;29)minute and half, slowly. Turn your hands into antenna.**

**Graciously, slowly and steadily.**

**Straight up single, no bend in elbow or otherwise.**

**That will pull the spine, fix the gray matter and set the rules for tomorrow.**

Stretch out. Slowly but steadily.

All five fingers open like steel. Wire yourself.

What you are doing now is the most important Kriya, it's called Pancha Shula.

Fingers must be tight like steel as they are entering the heavenly abode.

You have thirty more seconds to go. Stretch it hard.

(1:37;09) **Inhale deep.**

(Tape ends).

**Inhale deep, stretch, stretch the entire spine. You will never be hurt in life, if you can do it right now. Stretch it hard and with a cannon fire breathe out. Inhale deep, deep, stretch again, hard, breathe in, hold tight, stretch hard, hard, relax. Day is done.**

Now please do me one favor, talk to your next person, discuss movies, the banana's peel or whatever but talk normal so you can be ready to go home.

(YB talks in-between).

Student: (---).

YB: All right, let me see.

Krishna Priya, after this everybody is going to have food. Am I correct in my understanding? Yeah?

Student: (---)

YB: No that's not enough. Food is being served at the ashram. So everybody will try to accommodate and food will be served. I have prepared a dish, it will start with 'ma'. And Guru Bachchan will mix it, it is in three parts.

Student: Thank you so much for taking care of Maa, the way you do.

YB: Maa is serving. Today she wants to eat.

Student: You are wonderful, how you take care of her, oh I am always grateful to you.

YB: Let's see. Understand that? So you are a control freak, right? You take everybody, right under the gun. You know what I am saying?

Student: Yeah, (?)

YB: And it will start with 'ma' everybody settle down, right? There is a lot of space, quite a big place.

Student: At the ashram?

YB: Yeah.

Hey, Gur Nam is okay.

Student: He is just going to have an appointment.

YB: Oh, yeah, that's all right, go.

Student: We'll come back in a few minutes.

YB: This is the cake?

Student: Yeah.

YB: This is the kid. Hey, come here. Come on, come on, Oh, no, no, I won't say a thing. Hey, yeah.

Maa has one? Show her this. Where this you got?

Student: (---)

YB: What?

Student: (?) and seven dollars.

YB: No, I know but it (?) Show it to Maa, ask her to sign in the back. Hey come here, show me your hand.

Could you just sign? Hey show me your hand. No, no, no, he will do it. He will do it happily, come on. Hey, super guy, you want to be a superman? Show me your hand, hand, hand.

(YB talks very softly.)

Student: (---) commercial about India?

YB: Yeah, come on, put it on, right on. Ask him.

Go, go.

Hello, everybody, attention please.

Student: Sat Nam everybody. I've been asked, my name is Sat Simran Kaur and I have been asked to do a commercial. Just one commercial tonight. A very exciting event is going to happen February fifteenth. The Siri Singh Sahib is going to be traveling to India and as many of you know, some of you don't, it's a very rare opportunity these days for him to go and for us to have the



privilege to accompany him there. On the triple B from February fifteenth to March first it will leave from Los Angeles. We'll spend one full week at the Golden Temple in Amritsar which as you know has been the inspiration for many of us here in the room. So it's a very, very, special place, it's all, it's the headquarters of the Sikh religion in India but it's a very magical place, I always we call it the crown of the earth. If you have ever seen a picture of the Golden Temple, looks like a little crown and when you go there it's really a place beyond time and space. It's a place where you don't have to be in your meditation, you could be with your eyes fully open and conscious but be beyond time and space. It's very magical.

Miracles happen there and I really hope that many of you will be able to join us there. So you can talk to me at winters solstice, if you are there or one of your Kundalini yoga teachers and I hope that we have the opportunity to be in India together, in February.

YB: Not only Golden Temple, you are taken to...

Student: Okay, yeah, there's another thing. Okay, different commercial.

Part II of the commercial. For those of you who have never been to India or who would like to have more of the India experience than Amritsar and New Delhi, a group of us will be leaving from Los Angeles, February tenth and for the first, from the eleventh to the sixteenth I'll be taking a group of people, that group to Jaipur, Agra and Banaras. I mean as you know some of the highlights of northern India and then we will meet the Siri Singh Sahib in New Delhi on the seventeenth, be with him and the group that comes with him for that time and three days in Amritsar, so that group that leaves on the tenth from Los Angeles will be in India for two weeks also. So both trips are spending time at the Golden Temple and getting the flavor of the culture of India. Thank you.

YB: All right? Hey, let us, hello, everybody. The program is that Maa has brought a caravan of buses and she is going to go the ashram where she will be hosted by Baba Siri Chand Ashram, I take no personal responsibility. However, people have gone to prepare your dinner and you will be all welcome to join us tonight.

Krishna Priya is a control freak so she will absolutely...

(Applause)

She will always put you in her double-barrel gun and carry you through whatever happens, therefore I never worry you know, she does the job pretty good. So technically speaking, after this class is over I just want you not to hurry to get up and get going. Normally we do feel we are very normal that and if you just tremble then this is not good, what?

Student: (---)

YB: I didn't announce that. I don't know, as far as I am concerned you are invited with as many people you want and everybody shall be served. May the long time, come on, folks.

YB: I told you, you are spaced out. Blessing, how are you? Hey, come on.

(Students sing May the long time...)

YB: You caught me at a wrong time. Sa...

(Students sing Sa...t...Nam.)

Blessed is my soul, blessed is earning, blessed is actions and reaction and accountability toward all the humans and the light and action and service. Blessed is the moment where I can and all can be selfless in which the impersonal can serve the person in question. Blessed is the ecstasy of consciousness where forgiveness is the giving. Blessed is the peace which is the reality of the mankind. Blessed are those who serve their Dharma to get rid of their karma to stay clean unto the path of God. May we all live in that peace and tranquility and consciousness. May we all live in patience to see the day with a smile and joy and with kindness, compassion and care, may we love those who never knew what it is. To kindle the light of love in the heart of those who needed the most. May we all pray that every breath of life be subject to that greatness of God within the man, Sat Nam.

Thank you very much, God willing if route permits next year we'll visit Orlando as this is one of the station I have to halt. I'll be moving from here to Miami and then I'll go to Maa's place and then I'll fly back to my icy abode. Ahh.

Student: (---)

YB: Oh, yeah, you can.

Student: Okay.

YB: What's wrong with that?

Student: There are some people who needs rights.