

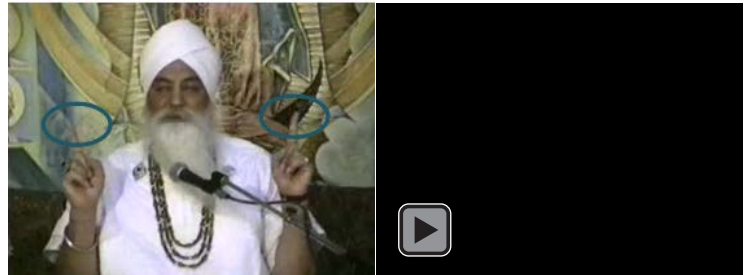
SUMMARY MEDITATION:



**Kriya 20 minutes:** Put your Jupiter fingers out and start doing “Humee hum brahm hum” and move them, move them, move them, move them. Look at the tip of your nose.

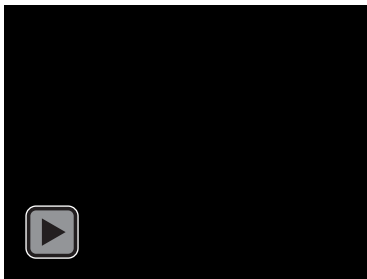
And see that you see both index fingers moving. I am in a perfect posture right now. It's so great.

Look at the tip of the nose and those two fingers moving and chant what we are going to play for you and you will have fun.



To end move index finger's very fast

(083B - Music begins - Hum E Hum Brahm Hum)



To end move very fast index finger's



to end class YB It makes some strange

LECTURE

You won't have a rain dripping at you today, but last night how was the tents? Huh? That is the priceless beauty you enjoy to be with Mother Nature. And your carpets and your refrigerators and your fans and your decorations and finally your tent falls. There is nothing more pretty than that.

I have heard your complaint officially that class goes very long and after that you can't sleep and you cannot get up in the morning for sadhana. Mm-hmm. I have my intelligence among everybody. So I just came earlier and I will finish very early. I'm supposed to only teach you forty-five minutes. That's true. That's what the original deal is. Forty-five minutes no more, no less. So you come. So class start at six-thirty. It is already seven. Thirty minutes are gone. You are a captured audience. What are you going to do?

There is also another request that things we talk here are very, very personal but they should all be taken as impersonal. We are talking about human and their faculties, their facets, their projections, their personalities. Because fact is we are not born to suffer. And if you think the environments are very harsh and, or they're very soft, you have very good environments or you have very ugly environments, that does not decide your happiness. Happiness is how content you are. And happiness is how much you can contain yourself. And happiness is in spite of all the opposition of the world how much you can continue.

(169A) (The pain? Tape blips) which you feel in life is never caused by another person. It's always caused by you. If even somebody cuts you with a knife you can go to the first aid and the pain will go away, disappear in no time. You will heal. But what the words will cut you out, that pain will never go away.

You create what is. What is akal fikir. Fikir means worries. You never create shukar . Shukar means thanks. A grateful woman can always be happy. Worrying woman shall always be unhappy. And what is your value for worrying? You compete and compare. "Oh this person has a bigger house, that person has smaller house, that person has bigger car." I don't know how you think that way and why you have this attitude that somebody has and you don't have and that's the matter of problem. Because what you have somebody has, what somebody doesn't have, you have. What is there? Life is to share.

There are principles of happiness, you please write it down. Life is to live. Life is to live. And who's living? Your soul is living, you are not living. This structure, this ego, this tancha , this personality is not living. Soul is living. Soul came here to live.

Soul came here to pay the debt of the karma and to be free through dharma. Soul didn't come here to be bound down by all the worries because life is very simple for you. Soul came here to live. You have not come here to live. And when soul will leave, you will not live. This tancha , this whole thing will be dead. So if you have any misunderstanding that you have come here to live, "I am alive." That's such a ridiculous lie I can't even believe it. You are not alive.

Just understand the fundamental difference. You are not alive. your soul is vibrant and vibrating through the distance of the destiny. There is no such thing as you. You don't exist. You never existed. You are not existing. And you will not exist. It is the only projection of your soul which will become a pathway of memory. It's the vibrating soul.

**Soul vibrates. Soul breathes. The prana comes so long soul is there. Moment soul leaves there's not a one breath you can take. So your existence is not yours. Actually this is the existence of the soul. Soul came here to pay the debt of karma as it took upon itself. You believe in a God, it's not my problem. My problem is that you don't believe in yourself. And you are wrongly believing yourself that you exist. You don't exist. It is the identity of the soul. And the sole purpose of the identity of soul is that everybody else have soul. And at this moment on the earth five and half billion souls in human bodies are alive. Some are black, some are gray, some are yellow, some are pink, some are sick, some are healthy, some are rulers, some are ruling. It is all, it's a bouquet. It doesn't make that much difference.**

You did not choose to be born in America, your soul chose so. Your soul could have been directed to be born in Africa. Things would have been different. So please don't misunderstand that you are born. That's not true. That's a fundamental lie you have been taught. The test of it is moment you see that your soul is born and you are here within the structure of the tattvas, five tattvas, ether, earth, air, water, fire, then you will never use the word I. You will always use the word we. Because there is no such thing as I.

So your soul is born, soul is free of worries. Rather soul is here to face the worries, face the calamities, face the tragedies and conquer it. You have come here to conquer, to victory: Fateh. With your purity you can conquer all what there is. And that's what you're born.

So why are you afraid of the worries, of the difficulties, of the calamities or the tragedies. Because these are the test and the test you have to pass. How many lifetime it will take you to pass that test. You will take the test to pass that test. So why not, when you got this lifetime, you pass the test?

There's no place for emotions, feelings and reasons and fantasies and logics and all that. You are all above it. That is just to make you feel you exist. That's your physical feeling. Spiritually you are the strongest, you are the most unique, you are the most perfect individual existing. And your existence has nothing to but challenged. So you must be challenged.

You think my mother slept with my father and then my mother gave me a delivery and you were born. Now God created a woman as a mother. God created as a father as seeder. And put a combination and at one conception when it was desirable time for the longitude and latitude your soul get born. And it took her a hundred-twenty days before the whole shelter was built for it when it entered the womb. And then you were given a choice of parents, environments, longitude and latitude and social structure and customs and traditions. You call them anything you want.

That is what is basically given. So you were raised. You were raised under hardships or you were raised very spoiledly. Doesn't matter.

Some people have no parents, some people raised by somebody else. Some people very harsh parents, some people ... these are our lessons. There's nothing to do permanent damage to you. One day you grew up as you. And that is the day you start walking your own destiny.

Never displease your soul. Always please your soul. That is the sole purpose of life. You are mostly rude to yourself and then you get frustrated then you're rude to people. You always think you need this, you need that, you want this, you want that. Those who want shall live in pain. You shall get what you are needing to have. Your soul has a pre-agreement with the Creator that all faculties and facility to complete the journey shall be provided.

You call you are in love with somebody? You are totally blind? Nobody loves you. Nobody hates you. Nobody knows you. How can you talk like that? "I love you. I do this." Because it's the vibrant soul. Do you know the frequency of the vibration of your soul? Can you project it? Can you control it? Do you have discipline? Have you relationship with your soul? You get in a bandwagon, "Oh horse, go, go, go, go, kill, kill, kill." What is it? Get, get, get, kill, kill, kill, be, be, be, want, want, want.

Somebody ask me today, "My child is very difficult and give me lot of trouble." Karma? Old enemies born together as mother and daughter? What is wrong with that.

Mother says, "Would you like to have breakfast?"

She say, "I'm fasting today. I'm not going to break the fast. Hell with you."

Mother say, "Would you like to go with me?"

"No."

"Can we sit home."

"I'm going."

How can that be? It is just two old enemies born in mother and daughter relationship to deal together the karma.

Take the example of Guru Ram Das. Arjan Mal was his son, Maha Dev was his son and Priti Chand was his son. Priti want, want, want. Everything he wanted. He wanted to be a Guru. He never got it. Maha Dev was so he never cared. He never wanted, never not wanted. Arjan Mal never wanted but he was just the love and joy of his father. He became student. He sacrificed being son. He became the Guru.

Baba Siri Chand and Baba Lakshmi Chand were two sons of Nanak. They couldn't become Guru. You know what happened last minute? Everybody was sitting in the room in the middle of the time, Guru Nanak woke up and said, "Go so and so and find out how much night has passed and how much is still there."

Somebody came and gave the correct answer which is supposed to be. Somebody said this, somebody said that. He listened. He asked Lehna "Lehna, go out and see how much night has passed."

He went out and came in. He said, "How much?"

He said, "My Lord, as much you have passed has passed, as much you wanted to remain shall remain." Next morning he was bestowed the Guruship.

But you have a chatterbox, you want to speak and you want to insult and you want to reason. You want to win. You want to win. Win for what? Win is like wind: it will pass away. But the injury you will cause in that winning shall remain forever. You shall create a memory of pain, displeasure, distrust, bad manners, rudeness, crudeness. Name, name, keep on naming all that.

What you won is not worth. Keep on punishing a person. "You did this thing wrong. You did this thing wrong. You did ...."

What is the idea of wrong, wrong, wrong, what is wrong? Are you singing a song? Is there no forgiveness in your vocabulary? Is there no kindness in your vocabulary? Is there no compassion in your vocabulary? Is there no love in your vocabulary? Is there not to uplift somebody? You can do tens and millions of things.

I'll tell you a story. Once Kabir came and he was very thirsty. He has finished twelve years of great achievement of God. So he came, he saw a woman taking the water pile out and throwing it out, just smashing it again, again, and again. He was very thirsty.

He asked two, three times, "Would you please, lady, give me water?"

She said, "Wait. It is emergency. Wait."

After a while he say, "I am really very thirsty, I want water. Could you give me water or else?"

The lady stop for a moment and said, "I am not sparrows that you tell them die and they die and tell them to get up and this and ... you know. Hold yourself. Otherwise your else will cost you so much you can't believe it."

Kabir shattered.

Because when he came out of twelve years he wanted to see whether he got all the powers or not. There were a bunch of sparrows. He said, "Die," they all died. He said, "Now get up and fly," they flew. He said, "Oh I got it." So he thought he got it.

When he met this woman, he realized he got nothing. So finally she gave him the water and he sat down and he said, "Mother, why are you taking so much water out and throwing away and why didn't you give me water?"

She said, "The sight of the room where my son was sleeping, the lamp caught fire and the room was burning, so I had to. And there was nobody around so I have to first take care of the fire and then I wanted to give you water."

He looked at her. He say, "How many miles away?"

She said, "About (???399A) ,mean about forty-five miles."

He said, "This water has done the job? He said, "Yeah?"

She said, "Yeah. You can now come along with me and I can feed you and we can be comfortable."

So he followed her, he went there. He stayed there for three days. One day he asked while departing, "How you found it? How you found this power?"

She said, "It is very simple. I have the most monstrous, rudest, ugliest, dirtiest husband."

He said, "What would that has to do with you all these things?" She said, "No, he's my husband that's it. And one day in the middle of night he wanted a water and I brought glass of water and he never took it and I kept standing there"

He got in the morning and saw me with the water and he said, "What are you doing here?"

I said, "My lord you wanted a water and here water is."

He say, "I ask for the water?"

She say, "Yes."

"What time?"

"Very early in the evening when you slept."

He said, "You are still standing?"

She said, "Yes."

"Why?"

"Well, you wanted water."

"Why didn't you wake me up?"

She said, "Why to disturb you? You asked for water, I just obeyed."

And he said, "God you are great."

And she said, "From that day to today all the five tattvas obey me."

He said, "How can that ugly, dirty, neurotic husband can give you ..."

She said, "It is not he gave me. It's me gave me."

Nobody gives anybody anything. I gives I the third eye. Write it down and you will never forget it. The I, the existence give the third eye to the I, the existence.

She said, "I gave to me what I got."

You have the conquering power. It's called fateh. The day you conquer yourself you have conquered God. Man is just indication. Man is just the index. The power is within you. How you conceive your ego, that is a separate question. But how you conceive your soul....

And as a woman you have sixteen times more chances to conceive your soul because you do conceive the soul in the physical form to produce as a child. If you conceive your own soul and produce divinity of it, you'll have got out all the duality of the universe. There is nothing like you. That's God-given power to you. You are the only creature in the will of God which has to conceive. Instead of conceiving his spermatozoa, you can conceive your own soul. Then all power will be yours. Instead of conquering the universe you can conquer your soul. The all divinity of God will belong to you. Instead of conquering people, you conquer your personality. The world shall bow to you. That is the way God made it to be.

Yes, you fight, you get angry, you get passionate. Hey, you get passionate, you get angry, you get everything. This is all here for what? It's all here. You came from there to be here and from here you have to go there. You are forgetful all the time. You don't remember even once, you came from there, you came from the unknown. You came here to be known. And you have to go back to the unknown. Sooner or later, for good or for bad. The journey is yours.

The soul lives to vibrate, you don't. Soul does the distance to destiny, you don't. You are just to watch and help. You are hired as an agent of the soul to walk that journey. You became the master of the soul and soul it has, for the insult, it became dormant. You can never be enlightened. All swamis and yogis and gurus and all that camoflaue and hanky-panky may try to do anything what they want. In the beginning, in the middle, in the end is you. Aad pooran (GM513????)

In the beginning you are perfect, in the middle you are perfect, in the end you are perfect. It is how you change your attitude. If you change the altitude, you can change the attitude, otherwise you can't. You can act as mean or meaningful, you can act shrewd and shred your whole life. Nobody will ever trust. You can be very outspokenly blunt bitchy, people will not like your company. After all for God's sake, just understand. Every soul is a God. If everybody do not like you who the hell you are? The God is going to like you?

At this time and this space there are five and a half billion souls got together to vibrate in micro and macro consciousness.

And in the age of Aquarius everything is going to become universal. And these relationships are not decided here. They are to be lived here at this time and space. What the hell you are barking for? Bark louder, baby. Even the town will not like you. Somebody going to put you in the shelter and put you to sleep. You're not a good dog. You bark and you bite. But if God gave you a tail and your tail is very waggly and very flashy and very flirting and gives comfort to everybody and you look hm hm hm. You may get some food. Kisses and hugs.

You know I have never ever in my life, except my dog when died, never allowed a dog inside or around me. And this little waggly gaggly dog is not mine. But there's nothing I can do. I can't even move. This dog sits in between my legs. And I have to sometimes kick her to make my way and she won't move. But she's so loving and so saintly and so smart. It outsmarts me.

Today she did very wonderful. I was having some, doing some counseling, she came in and sat at my feet and put her head, put her head on it. Now what should I tell her? Get out? So I waited, she got up and she thought she has sucked enough prana so she left.

What you can do this?

I think somebody should be kind enough to give her a bath and brush her hair. You know some people don't like hair. They so get next lifetime all hairs and nothing else. I'm not propagating hairs, by the way, I'm not against barbers. But you don't want to have hairs but when you get bald.

I've seen a guy, he comes to my jeweler. One day I came, his head was like this. And I said, "What happened to you?" I couldn't believe with that much big head one is alive.

He said, "Oh, no, no they have put salt water in it."

I said, "What?"

"Salt water." He said, "It's a treatment."

I said, "What happened?"

He said, "You know, my friend, there was no hairs?"

I said, "Ya, I know that."

He said, "Now they are turning my skull, make my back and front and front and back so I have a very even hair."

I said, "What are you spending on it?"

He said, "Fifteen thousand dollars."

Fifteen thousand dollars. And he walked three months with that bloated head. Now he looks good. (Laughter.)

I wish you should have seen him. I mean, can you believe from here it was just like a cup full all sides. Bandaged up. And then they did it right.

I know another person, he got facelift. He said, "I am terrible. I have wrinkles."

I said, "Put turban on; it will give you facelift free."

He didn't listen to me so he went to have a facelift. He has such terrible cuts here now. It's look like he has three faces of different dimensions.

One day he told me, in the back and sat down, he said, "Yogi, can you teach me how to tie a turban?"

I said, "After the time. It was then."

I do not know why people cannot tolerate wrinkles. They are signs of good luck of living. Think of those who died twenty-four year old. They never lived to see twenty-fifth year. They never knew what wrinkles are.

One day lady came to me, was crumbling, shaky and she say, "I am miserable, horrible."

I said, "You are not dead yet."

Once Sat Simran brought me a woman, she had a skin cancer and she was all patched and she was in pain and she told me, "I, I do not know what should I do."

I say, "I tell you. Chant Sat Nam and you will die very soon. Otherwise it will take many, many, many, many months."

She said, "Why?"

I say, "When you were the ruler and you used to catch Sikhs and put cotton around them and put oil and burn them alive. You are just paying through your body. That's all simple. Well, you chant Sat Nam you'll be forgiven, you'll be gone." I think in about a week, she, something like that, she went home.

You think you are suffering here. Why? Why not? What you did then, where were you? You did it all. And you're going to pay for it.

Every life incarnation has nothing, no combination. Human is the only combination. I know once I did not teach a student a lesson. He came very humbly. I said, "Not today! Tomorrow!" Sixty-six years I'm teaching. I'm not going back. One mistake, only one mistake. He called, I was tired. I said, "Man, I am tired of teaching. Tomorrow." That tomorrow never came. I'm still teaching.

I don't have to teach. I don't read a book. I don't make notes. I don't have say anything. It's all taped there. Just, it keep coming.

Caliber and consciousness. Caliber and consciousness, intelligence and intuition. Caliber...

SS: Consciousness.

YB: And what else?

SS: Intelligence and intuition.

YB: Were given four things to the soul to complete the journey. Emotion, feeling, fantasies and rational were given to destroy it.

Time is up; class time is finished. Wow! Done deal.

Now you can ask questions and I'll answer you, and we can have fun.

Some people complain there is so much knowledge they can't digest it. Now you can can digest it.

S: Sat Nam. My question is um you just said that ....

YB: What the question is.

S: The question is. Thank you. The ego is to watch and help the soul on its destiny?

YB: No.

S: No? That's not what you said?

YB: Ego is to keep the tattvas together.

S: Okay. Okay, then I misunderstood.

YB: I know.

S: Okay, Okay. Thank you.

YB: That's all?

S: Well, my question doesn't make sense now.

S: Thanks.

YB: Ego is given to identify your identity and ego is given just for you to grow beyond you and recognize you within you is perfect, complete, absolutely right. There is nothing wrong. Ya?

S: Sat Nam. What is ascension and what is your view on it? And should we strive for it?

YB: What is what?

S: Ascension.

YB: Rise. Where you want to rise? Stand up there.

S: Well, um, someone has told me that instead of dying you're supposed to ascend and I don't understand that.

YB: You ne-, you, you never die. You ascend every time. Now I am going to ask you a question and try to ascend over it. You idiot, dirty, ugly creature. Answer me.

S: (Softly) Answer you. (She blows him a kiss and the class laughs and applauds).

YB: That is rising above the attack. Remember, dushmana , speak after me, dushmana?

S: Dushmana.

YB: S

YB: Enemy shall say something which is impossible. That is the first acknowledgement. When things are said to you as impossible and it should not shock you, it should only tell you this is a time to rise, ascend.

Somebody once told me, "Who the hell has told you you are a yogi?"

I said, "Me. I told myself."

"I need a certificate that you are a yogi."

I said, "Okay, I'll give you a certificate."

I went to Bank of America, I said, "I am so and so I hereby declare I am a perfect great yogi," signed underneath, gave one dollar, they stamped it and that was my effort. And when I brought it, I said, "Here it is."

He said "This is your statement."

I said, "What else you want?"

"I want a certificate."

I said, "Who can certify better than me that what I am?"

"But what should I do with it?"

I said, "Deny it, I'll put you in the court tomorrow. Sign it here you have received. Either accept it or tomorrow I'll see you in the court of law."

Very funny things have happened in my life. Very funny. You can't believe it. They told me all sorts of things. All sorts of things. Things you can't imagine, things you can't know, things you can't say. That's why I'm not saying it.

There's a law of the universe. And universe law is when two people act they shall act in unisoness never to react. If they react it is a karma. They'll pay for it.

"He made me to agree. She made me to agree. He told me this. She told me this." You heard it. It is you within you who have to act always. Do not blame others and live in shame yourself. Do not?

Ss: Blame others (with YB) and live in shame yourself.

YB: That's not a good policy.

One side of a learned person is he'll never react to another person because once you react to another person you become another person. Then where is you. You are gone. Disappeared. And you disappear yourself everyday, what the hell you are doing to yourself. Undermining? Hitting below the belt? Insulting yourself? You are totally rude?

Once a person told me, "I used to love him." Me-e. He was telling me. And he was telling another person, another student of mine, "I used to love Yogiji so much like my father, like my teacher. But I don't trust him."

He came to me, "How it happened, he was such a gloat of you?"

I said, "Nothing. Nobody will trust him."

He threw outside the window. I didn't make the window. I thought is to come here and go and light come and go. He threw out of the window. His problem, not mine.

Love begets love, trust begets (067B??) , student gets the teacher, service become to a master, slave becomes master. There are certain laws. Can't be changed. They can't be changed.

Crown of spirituality is always bestowed, it can never be conquered. And spirit rules the universe and the creator of it, the God.

Atma ..the soul is in fact the almighty God. Soul?

Ss: Is in fact the almighty God.

YB: All right.

**Kriya 20 minutes: Put your Jupiter fingers out and start doing "Humee hum brahm hum"**

**and move them, move them, move them, move them. Look at the tip of your nose.**

**And see that you see both index fingers moving. I am in a perfect posture right now. It's so great.**

**Look at the tip of the nose and those two fingers moving and chant what we are going to play for you and you will have fun.**

(083B - Music begins - Hum E Hum Brahm Hum)

YB: (Aside?) You saved your husband.



S: Wahe Guru.

YB: The two fingers must be seen from the one tenth of the eyes on the tip of the nose.

Inhale. Hold the breath. Move the index finger very fast. Hold the breath, move fast, circulate. Round and round, round and round, round, round. Exhale. Inhale deep. Don't cheat. Hold it tight. Move. Round and round. Fast. Fast. Your spine can dance. That's what it meant. Exhale.

Inhale again. Go ahead. Do your best. Spine must adjust itself. Now is the hard time. Do it right. Exhale. Inhale deep again. Deep deep deep deep deep, you go. Powerful, faster. Try your best. Exhale. This is your last chance. Inhale deep, hold, move. Move, move, move. Relax.

All right. You did it. Very good. (Makes snore and exhale sounds three times.) What is that? (Repeats sounds.)

You have to go home and sleep early, isn't it? May the long time sun ...

(Students sing May the Long Time Sunshine upon You.)

Still singing.)

YB: Sa a a a.....

Ss: (Chanting) Saaaat Naam.

YB: Blessed is the soul, blessed itself as brightness, the purity, the power of God within, the daughter of the infinity, the grace and the shine that are of the sun. Blessed is the soul which takes the journey to redeem the human of all suffering, its the strength within this grace and blessing. May we all recognize it is all within us and nobody else. Sat Nam.

Ss: Sat Nam.

YB: (Aside) Hey, what is this?

YB: What is this?