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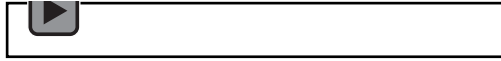
LA719 930303 Magnetic Field - Sacred Space – Balance the mind series #9

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BE52

*We could define Kundalini Yoga as this special science that has the goal to unite the individual with the Sacred. Today, we will make this experience using the magnetic field, because the magnetic field is the space that contains the body, like the body is the space containing the soul. And when body and soul are united and contained, the soul manifests.*

#### SUMMARY MEDITATION:



..... kundalini yoga came into existence.

(19:02) **and tonight we are going to have a good class** because there is a lot of space so we can do whatever we want.



Come on, lets do it. Right hand, left hand. here is a difference between those two if I look straight. I go down and come up and then go down. This is a total hemisphere exercise. You don't take it easy. It is not as easy as it looks. You see. Now I go down, then I go up. I go down. When this goes down this automatically will go down and then it comes up. In one this is active, in other it is passive. Got it.

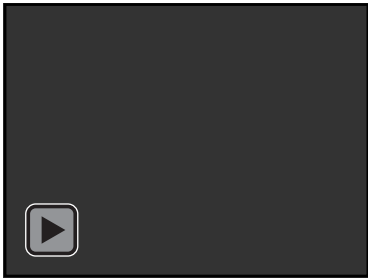
You people, these computers these days, you can understand. One, right and it comes up and then don't press this, press this. But this goes automatically with it. In one it is active, right is active, in other it is passive. Very subtle thing to do. But you will increase your intelligence, otherwise you will be dumly. And you are. Forty two, sixty percent, non active dummies. That is the human fate. It is not something which we do not know in this science. **This is right hand and this is my left hand. This is higher, this is lower, this goes down, and then this comes up and then this goes down and this goes automatically. Do not reduce the distance. And then this** comes up, this comes automatically. Keep that visual distance. In this once side it is active, in other that side it is passive. All right. Posture. Start. **It will totally change your electromagnetic field. You have to do it right magnetically.** You are not playing tablas. It is a full fledged exercise in which you have to electrically move. If you do very right and put your self confidence into it you will not be bored. That is why there is a word which nobody knows **what it means is self esteem. Nobody knows what self esteem is.** You will find it and play right now. The most subtle thing called self esteem will be there. You will commit a mistake one in five. Average. We have done it. We know it. It is a very funny exercise but do it consciously. Sit with it. Do it right. And use force. One is super active and one is super passive and do it with electronic lightening effect they call it. Then it will bring the change. Think infinity. Use your maximum body force and use it like a lightening. As lightening falls that is how your hand will fall. If you do that it will directly stimulate your brain. There is no better exercise you can find it out. I have alot of goodies in me but this is one of the special one. People think they can stand on their head the brain becomes fresh. It is good. It gives you good circulation and it gives you also haemorrhage sometimes. It requires practice of years. I know a person in India. He used to go marathon twenty six miles on his hands. And almost was winning. If you see his gloves you would have not bother taken his shoes. Some people just want to do those kind of things. It is a very scientific exercise. You can go in your lonely place and you can be shocked. Mentally keep the distance. The protective distance please. Your breath should be not yours, it should be pranic breath so if you are taking more time to bring the status of health then it means you are delaying your functionality. If you do not start doing these exercises in middle age after ten, fifteen, eighteen years next time you will become senile. These are just exercises for your brain. Faster like a lightening. You need health also with this. This will give you the best health. It is the best vitamin too. You want to be healthy, do it right. When the zones will flip your movement will go wrong. It is also doctor a psychological movement to check it how fast a person does mistake. If in ten there are two mistakes the guy needs B12 and other stuff before you council them. Hands should be flat to the earth because you are dealing with the magnetic field. You don't understand Kundalini Yoga. You think it is an exercise. You think it is this, it is that. It is nothing. It is just you becoming you. Now this part which is coming. You have to do it exactly correctly for your digestive system. I can't help cheating. Set. **Inhale deep hold. Deep.**

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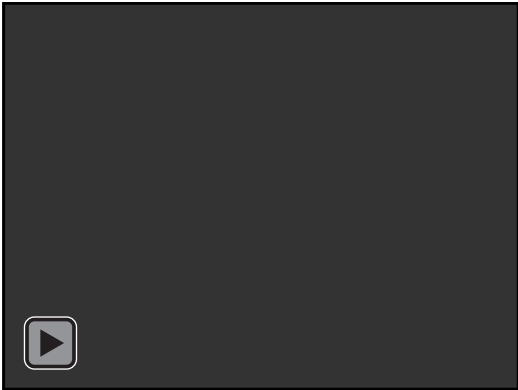


have power over everything take this posture, chant this for thirty one minutes. You will meet God after every seven minutes. You know you talk of seeing God face to face, every seven minutes, four times in thirty one minutes you will meet him face to face. Inhale deep. Hold the breath. Stretch as best as you can. Put the pressure between the arms. There should be nothing between the palms. It all should fit in and do your best please. Let the breath go. Inhale again. Don't let it loose. Keep stretching. Keep up. Stretch harder. Let the breath go. Inhale deep again. Again, deep, deep, deep. Hold tight. Hold. Hold tight. Stretch. Hold tight. One more second. Hold tight. Let it go. Relax. It was twenty two minutes only, eleven each. Where is the clock? Tomorrow you will not be the same. We have started this series to bring in you. **It is called tuning up and repolishing your brain in simple English. These are all Sashara exercises. You won't find them anywhere except they are only available in the Kundalini Yoga kriyas. But we will do them and we will grow with them and we will try to see how fast we can change.**

Idealistically the problem at this time is the age of Aquarius. It is no more Piscean age. Your schemes and your things are not going to work out. Things are going to go upside down. So just relax and take it easy right (47:40) **now and put some eight beat and you have to clap** with it just to give the hands circulation and some good music we will do for a few minutes. Clap hard please. (Sa re sa sa is played) Inhale deep.



(50) Hold your hands and you know you do like this to show somebody like your determination, **just keep on shaking like that. Both side on left side and right side.** Heavy duty, I mean, it is not something, that will equalize the balance, yeah. Both side of your body. Don't beat it. I am looking at you. It's okay. No, don't do like this, do this side or that side. Like here and then here. Don't come tu tu tu, tu... like that. That equates it. It's not we need. Whole thing is electricity, it's not something. You can't change. Come on, come on, powerful, powerful, like.



All right, (52:22) please relax. Sit down as Yogis, close your eyes and calm down and just breathe very long, conscious breath. Just calm down, tranquilize yourself, totally bring yourself to... No movement. No movement, no thought, become thoughtless. Try it you can do it. It is not something I am asking a person, you can stop thoughts right now. Still body, mind and soul, still. 'May the long time Sun shine...'  
(Students sing 'May the long time Sun shine...')

## LECTURE

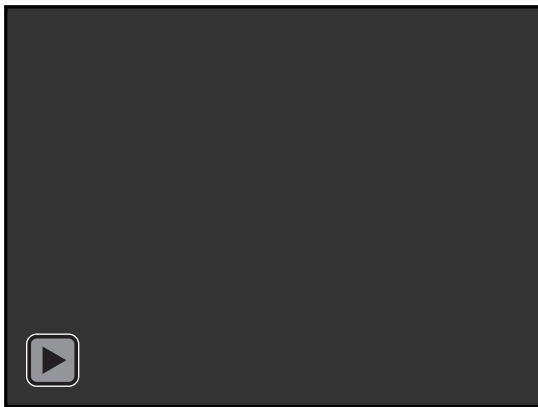
If you just spread it this way everybody has a space then we will have a fun class. We are too concentrated in one place. Spread out, spread out.

Our human weakness which is going to be detected by the medical science later, maybe a thousand years from now you not will be here. That will be that our left hemisphere and right hemisphere of the brain are interconnected and they are interdependent. Whether you are a male or a female, problem is just the same problem. But what you don't know that sometimes that connection gets to a low voltage and you do a flip. It is a very momentary flip. It is not something which can be noticed by you in ordinary life. But if you are really sensitive you will find it out that all of a sudden just comes a fear in you. Actually it is not a fear or a phobia. It is, you are having a party, you are sitting, you are happy. All of a sudden life goes off and after a minute it comes back. What you are doing with that. But that one minute of light on and light off is called in a simple science discontinuity.

Science of yoga, especially Kundalini Yoga, is meant for householder. It is not for celibates. That is why all kriyas are fast, to the point, to the glandular system, to this, do that. It is just a science and an art to produce that scientific effect. Ultimately purpose of every yoga is to serve the human. But time wise conditions are so many, you will not like to touch them. It is not that I am not adept at other yogis. I have studied them, I know them. I chose myself the life of a householder so I adapted this life myself. And I wanted to know this science myself. But the technically problem which you as a person have. It is not wrong to feel good. But it is wrong not to be good. It is wrong not to be continuously good. It is wrong when your body wants to stop you don't. It is wrong when body wants to rest you don't. Because I tell you where you flip in relationship. Your body tells you I want to sleep and you are telling it here comes a cup of good caffeine and keep going. I am just asking you something. It is a very simple I am talking in a very jovial manner. Body says, "You are tired, drop dead." You say, "Here comes bourbon on the rocks." You know. Body says, "No, no." You say, "Shut up, get going." Now how many times you deal with a friend like that and you will keep the friendship. Body is a very magnificent friend of a person. And it has a very powerful energy. It is, this is the machine which made in God and it is the best. And it has its own language, its own territory, its own resources, its own glandular system. It is the most complex complicated and sophisticated machine ever could be reproduced. Its organs couldn't be duplicated. They are replanted and all that stuff but nobody can manufacture it in an assembly line. This company is making human hearts. It is not done that way. However I am not going into all that detail. I am telling you. I have seen many times when things cannot be done, rather telling body by outside stimulation you can deal with the body by inside stimulation and that is what yoga is all about. When you are stimulatedly in a situation to confront a situation you are God. You are right on it. Some people are afraid there should not be disease. I think disease is one of the best things in the world. It kills your body. You are free. Otherwise what you are going to do? Keep on living. Same spaghetti every day. There comes a time when there is nothing in the world to do. You have already done all. Because it is not body. Your consciousness and your intelligence also increases proportionately. That you are not willing to recognize and that is your biggest fault as a human being. Because I have yet to meet one person who feels he is nineteen years old. You are all eighteen years old, doesn't matter what your year is. You are fixed on scale A. I was joking with somebody. He said, "No, I can jump." I said, "Don't do it. You are fifty four years old." "Oh I can jump." He pulled his muscle. I laughed. I said, "Keep on jumping. Second time you pull the other muscle then you will be in hospital. Why you do this?" "Oh I used to do this." I said, "Yeah you know when I was in my soul I used to fly." I said, "Yeah, I am a soul. Right and when I was only a soul I fly. And I could enter through anything. I entered the womb of my mother. So what do you think?" I can do anything but I first have to honor myself with a one idea. I am sixty two years old. That is the first acknowledgment of a person. If you are eighteen years old you have a lot of eighteen years to go. And proportionately your consciousness and your intelligence must mature accordingly. That non maturity of that is the basis of the problem. You think you know everything you can do anything. All is yours you are free. But that is not life. Eighteen years you have started life, thirty six years you are in life. After that you have experienced life and then you can counsel. That is why originally the Aryans changed life into four gunas. "Brahmacharia", your actions should be very divine, simple, sober, twenty five years. They didn't stop at eighteen. They went a little further. Then for another twenty five years, fifty you should be "Grishti" on your life you should have a knot, you should have control, householder, children, earning, dealing with everybody in peace and tranquility. Fifty to seventy five they decided life it should be "Sanyasa" Sanya" means know, "aas" means no attachment. Live as a non-attached person from fifty to seventy five. Then seventy five to hundred they say live as "Baan prast" living in the nature, in a jungle, in someplace, in a small hut. Go and live retire. If you live in a jungle and by yourself you think you will be lonely. No that is not America. Such people are visited more than they are visited in their homes. If your life start on the basis of a legacy, not on a lineage you are a perfect human being. There are two words in English if you understand. Are you serving your lineage or you are serving your legacy. If you are serving your legacy find out your legacy serve it you will live forever. Same way I say, "Are you on sale?" If you beautify yourself for sale, then you are cheap. You are cheap, then the price you are at. Sale has to be attractive. Buyer must feel benefit in it. It is cheap. I can understand the stores, May Company give a sale because they want to get rid of their inventory. I might have counseled thousands of people. In counseling I said, "Why you lost your virginity and why?" I so far I got one answer. "Just didn't want to be virgin." "Why?" "I just didn't want to be." "So you rub yourself against the first tree you got." "I don't know why I did it." You must understand life is a continuous process. It is not a thing. Life is a supplementary and complimentary and there should be no discontinuity. In your hemispheres in brain it should be continuity. Because you do not understand continuity, therefore you do not understand mutuality. So in your life there is nothing mutual. It is your way or my way, their way and our way. Net result, misery. You don't have strategy, you have plans. They are your plans. They are your dreams. I always say jokingly, love does not cook the food, romance does not buy the grocery. I have brought down to daily chores. I make mockery of this word love. Because what love you feel and you say, I don't call it a love at all. You call it relationship. I say it is a relay

between two ships. Because you don't put any humor in it. Humor is kindness, compassion, tolerance, tranquillity, peace, grace, honor. There are a lot of ingredients in a human. Without that it doesn't make sense. You have sex. You should read my article. There is nothing in sex. There is nothing without sex. It is a beautiful article. You call sex which you call. To me sex is just a sixth sense in action. That is sex. It is an indulgence, it is a performance, it is an ejaculation. It is an experience and that you get when you act to satisfy, create and you enjoy your creativity. It is an entanglement, impulsive and it is everything. Everything in life is like that. When your five senses get the scene together and create something marvelous and dream come true and you reach the optimum point of ecstasy that is sex. What your sex is, God bless you, that is fine. But how many sexes you can have and what type you can have. Has sex in your terms ever satisfied any human so far? Any relationship which is not based on consciousness is a prostitution of two individuals done by amicable selfishness. And it will produce nothing but discomfort and pain. That is why in our relationship there is no commitment. You have a child daughter, she grows up. She becomes twenty one. And she says adios to father and mother. Adios I am in love with this -an and father says, "Let me check. Let me see." "You don't understand. I am in love." A passionately blinded woman calls herself in love. You have schemes. You have dreams. You think in millions, you don't have ten dollars in pocket. You talk of banks and accounts and international finances. You didn't pay your bills from last three months. To make you realize that you are faltering, to cover you they gave you credit cards. One is drowning, one is putting weight on the damn fellow down. One is already the guy doesn't have the money. On that you charge eighteen percent over the credit card and make him super miserable. So nothing is left of him. I ask some financier once, why you guys do this? He said, "Well those who do not have control over their expenses and do not understand balance sheet of their life we want to exhaust them to the point they should never regain their senses again. And I say, "There is a billions of dollar loss." "This insurance covers it." I said, "Who pays for that?" He said, "These people. All in store thievery you pay. All security you pay. All losses are transferred." There is only one man in life who pays for everything. He is the householder. Seeing that human fate kundalini yoga came into existence.

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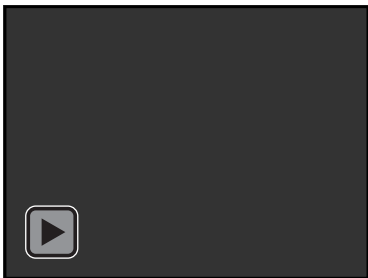
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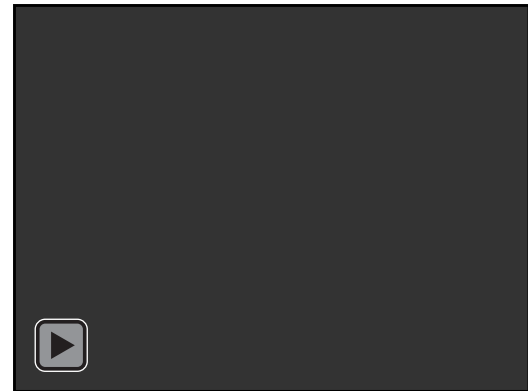
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Still body, mind and soul, still.

'May the long time Sun shine...'

(Students sing 'May the long time Sun shine...')

Blessed Lord, Lord of Sat Nam, Lord of Identity, Lord of truth, Lord of Infinity, Lord of creation of all creatures, in your creativity we beg to say and pray. Give us within us all the strength of dignity, Divinity, grace and make us in Thy name, beautiful, bountiful and blissful. Thank you for this day. Sat Nam.

Students: Sat Nam.

YB: Macho Gracias, we shall meet tomorrow and we shall do the other (?) Don't worry, but tomorrow if you can find honeydew Cantaloupe bring that, it has to be that green one. Not the red one.

Student: (-----)

YB: Honeydew, honeydew. Yeah, they call green Cantaloupe. Bring that, you will need it quickly and it will nurture your body much better than otherwise you eat it after the class. Cantaloupe.

It's our zinc day. Now go home, what are you looking at? You want some cookie?

(Students laugh)

YB: Isn't a fun?

Student: (-----)

YB: You have a new tape? Where is it?

Student: (-----)

YB: But why can't you, why can't you? Hey, you have a new tape, play it. Nirinjan, where is the tape?

Nirinjan: (-----)

YB: Can I just play it for a minute, edit, edit, what?

Hello Divine mother, how are you? I understand you were not well.

Student: Yeah, but I am excellent now.

YB: Oh yeah sure. Yeah.

YB: This is for you.

Student: Thank you.

YB: It's a gift. When you are going to go?

Student: (-----)

YB: Tomorrow, yeah ready, it was ready to receive you.

Oh, yeah, thank you.

(Music tape 'Sat Siri Siri Akal...' is played)

(Music tape stop)