

LA775 930611 talking about efficiency It is that actually the digestive process **which is called guts,**

<http://www.libraryofteachings.com/lecture.xqy?q=%20sort:dateDescending&id=c7f8ae52-672e-dc63-0220-6f7a8180112c&title=Los-Angeles-Lecture>

65DA

### LECTURE

We collected all the ten years what ever the (?) left to call here and then let it in to a carpet. Kulwanth is in wall, who else (??) the two people there?

S: (-----)

YB: (-----)

S: (-----)

YB: "Yeah,... S: (-----)"

YB: "Shakti and we got it for him and whose birthday is this now?" S: (-----)"

YB: "Ah, its my birthday, its your birthday night. You're on the nineteenth, isn't it?"

S: "Yeah"

YB: "Okay you read it to yourself before him."

S: (-----)

S: "Give me the microphone. Its adversity, do not fear the winds of adversity, remember a tight rise is against the wind rather than with it. Okay, so here is the obligatory palm that you're all hostage to which is happy almost birthday to choose inside by shabad guru they call the Yogiji. Well, now we're almost sixty four. It won't be very long, June 19 for me, August 26 for you, time to test out to beetle song. Whether anyone needs us or anyone feeds us, you thought me not to worry. God and guru will always come true, they are not always in a hurry. But you never loose faith, you made it, you're saying, its not the life that matters, it betrays that you bring. You laugh at adversity and strive on tests, when things are down and darkest (?) at your very best. Please accept this one gift that illustrates your life, may we all follow your example and reach the greatest height. God bless you ever and all."

YB: "I have to find out it."

S: (-----)

YB: "I have to find out a present for you? Aha."

S: (-----)

S: (-----)

YB: "It reminds me, I have birthdays coming near. Well, well, Shakti, we'll find something. Mamma me."

S: (-----)

YB: "No, no, today is the day we got those best painting framed of the temple which a very great work of art, which is amazing how much somebody can do, that's one thing. Then we got the other thing, we got the two great paintings. Well, (?) enjoy singing. You, you might be surprised, this paintings on the wall are very historical. Once upon, there were a couple, they were very devotees. Something in their past happened and there was a choice and judge gave them a choice, five years with (?) or five years with jail. So they chose to be with (?) for five years. The lady was very talent and in those days, forget about (?) and nothing and these paintings were done for the ashram which are on the walls and we have always celebrated them as part of us by (?). First thing when we started (?) was made this and this 'jantra' and if you understand this, you don't want to understand anything else in life, it solves all your problem and that was made by an artist, I forgot it. Do you remember the name of the man?"

S: (-----)

YB: "No, no, no,....."

S: (-----)

YB: "Virginia and yeah,...."

S: (-----)

YB: "He is one of the most popular artist of United States and he made this for us and that's how we started. To night we're gaping up the incompetence and we're incompetent by nature and our computers takes time to assess our capacity, a waste, incompe.... Had we not been incompetent, we have accomplishment would have been zero. Do you know that? No, that simple thing nobody thought you. Now listen, you're very relaxed in your brain, relax and all of a sudden the tide come, the challenge come. If you take more than three seconds to find all angle, answers and everything, you're incompetent. Maximum time allowed is three seconds, on average we take about seven minutes. So how much incompetent you're just understand that. What do you say? Ah, ahhaa, okay, let me think. Now I don't understand why do you said that? Yeah, okay, I mean, we have to do that, right. Ah, I am not sure? These are your normal reflexes and sometime look at the watch, for about seven minutes you will have avoid the issue. Seven minutes in life is very precious. You know when I was a in this Yoga conference, I went there and there was a question, whether we should have a guru or not? They asked me the same question, they never knew what I do to them, they thought they can ask anybody and everybody was saying may, me, may not, you know, it was just that ridiculous thing? and asked we should have guru or not? Never, don't because you'll be permanently idiot. How come? Because you don't understand what a guru is? A

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competent teacher who can chisel you to success for tomorrow, you can't even pay the price. There is not no gift you can give, there is no 'self' you can offer and there is nothing in the world you make can give him to make you perfect, because that is one man who can tell you you're wrong and then he will tell you how you can be right. If you don't have that person in life, you don't have any life. Everything is a discussion, everything is a feeling, everything is a logic, everything is circumstantial, you can have two hundred million things to do, you can be bobbon, you can jump out this way, you can jump on that tree, you look this way, you can look that way, I must say I am surprised in the West, there is a little bit of that which is not yet here, but when I went to my teacher, it is not that I didn't have thing, I have more than anybody could have, but his world was large. So that thought obedience, that thought coming to challenge, that thought doing it, that thought totally emotional control thought, using your intuition and intelligence at the same time, happy (?) and company (?????). It is just a very powerful training. You don't get that training is a school or a college, you don't get it anywhere. I am here, surrender of obedience is my like you're a slave and to, you know if a teacher says something, it exploitation or why should we do it and who is he? There is lot of many a question you people ask. But to people who have the grace and the graciousness have..... Now he is a santh Darshan singh, I used to know when he was just, Baba Khadak singh was a saint and he was just his personnel (?). What ever he said he did and when he left, he (?) today. Now, its, its, its, its a very earned process, its a earned process of human endurance. Students learn endurance and mind you, teacher is not rash now, rational teacher you can get any where you want. Teacher is most rationale, impossible and it is no logic can justify it. Now tell me how can justify when I was going to meet the Deputy Commissioner district officer with my teacher, he asked me, can you go on this tree? And I went and just stay till I come and he showed three days later and never asked me how you felt, how was it, what was going on? I was just three days up on the tree, I learn through (?), I learn not to fall down eighteen to twenty feet, I learned how to stay on a tree, I learned how to wash myself, I learned how to feel myself. Anybody of you can have a chance like that? So in this Yoga conference there were lot of questions asked. One question was asked about sex. What is this? The problem is you do not know about sexes. See the horny, you're horny, her bucket is your stuff, does it? You ejaculate, you call sex."

S: "That's right"

YB: "Puch, puch, puch, pich, pich, pach, pach, pa. Too to tooo tooo taaa and all that is yes or not? There is no reverence, there is no merge, there is no verge, there is no competence in this zone. Vastness of it, there is no setup, there is no actions, its just emotion bandage. Same with the children or race is also the same when there is child, love, love, love, love. Now tell me, when you've a child, you give him two hundred fifty thousand pounds of love everyday, when that damn child is going to be twenty five or thirty years old, who's going to give him that love? What kind of habits you're giving? Love, love, love, love, love and then that kid wants love for everything, then you don't have? The world doesn't have it, the neighbors doesn't have it, the work force doesn't have it and we in (?) cause spoil breath, right, remember that. What they fault, fault with the kid. How many fathers have thought their sons and daughter both, self defense? They don't know themselves. I am not saying any funny thing, though I used to have six, seven servants, right, look what a habit I had. I was after commanding, I have a set of people under my control, I have twelve servants, six are (?), just something. But on Sunday, and every Sunday when I was home I'll cook meal for my servants, first they will be fed. That was the day when I shall cook and feed them and (?) me. That kept me in knowledge of my cooking joy which I had and that gave them a very special idea that they are also human being, they are not just serving us and that day we'll make them sit on the table and arrange accordingly as they used to arrange it for me and feed them. Human courtesy. I understand I have family servant called Ramu, oh God you can't do lot of things, if something happens, he will say, that goes. One day between me and my wife there was a discussion and he said well, this is the way to do it and we both had to agree. There is a, not a servant and a master and a friend and friend. There is a human aspect to conquer the inadequacy, deficiency. That human aspect is with us. Efficiency is when you conquer that efficiency in no waste of time and result return. I do not know where these people teach yoga from last, they say we have teaching yoga for hundred year, I don't think anybody teaches yoga. I think the people have been thought of physical exercises which I think this is the workout here that actress, what is her name?"

S: (-----)

YB: "Yeah she is married to now that guy,...."

S: (-----)

YB: "She left her leftist husband you know. What was that you can found it?"

S: (-----)

YB: "Jane Fanda workshop, workout is for better and commercial and you can go to a therapist, you can to a workshop, you can do anything you want, but you will never unite with your soul and if you don't have your soul withyou, you're nothing, you're just a bankrupt. People don't understand, people think and last twenty five I want to share something, when people say, "Oh, we have to look like others and not fear them and not be afraid of them", something like somebody is telling me that I am a boboon and I am going to collect the monkeys. That's not a teacher, that's a idiot. People are afraid to look different, you're different, not a one human being has the thumb impression like the other, why we should like others? Hillary Clinton got a hair do, everybody got a hair do, can you believe? You always want to look (?)

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somebody, are you some (?) to wake up and look for yourself and look as you're? Is there any way you'll be ready to be for yourself not for any opinion or circumstances or environments? There is basically very much wrong training in our life.

**So I was talking about efficiency.** Let us, let us get rid of this. We have a gut we call it, gutter system, you know gut is? This area here, we (?) about four, five inches, this is called guts. Is a very old word, nobody new why? But since time immemorial they're saying gut, this is a gut. Deal with your guts and get aware of the guts. It is that actually the digestive process which is called guts, but they have got them this get gutter, you know and whole thing word came from that. So you don't think guts or something, that there is an injection coming from outside, its right here.

Start **kriya Audio 39,42 minutes**



**(17:41) So let us technically today do exercise, just an exercise, and you do the exercise and do the work, okay.**



Elbows, elbows, it is nothing but pull with elbows. **1°k 11 minutes:** Pull your body with elbows. In very few minutes you'll speak out. Naturally there is a one advertisement where they sell you about fat and slow and if you press the (?) yeah, there is a meat and quack, it means you're overweight. But this, this, this must have you never exercised, this pull this, this, remember this area here, where you wear a belt, four, five inch wide belt, that area you pull with the elbow, not with the hand, hands will, just elbow, this, pull, pull and breath and pull and breath. Come on, come on, you'll freak out I know, but its okay. Pull, pull, pull up, you don't want to do it, I don't want to do it either, but it has to be done. Doing it is impossible and it'll makes you (?) and it'll make you irritated, it is the worst exercise in the

whole set. I know it, that's why I gave you today. Come on, come on and you do and when you just reach in few more minutes, it'll start giving you upset of everything you're. It (?) just your whole nonsense.

Once I was teaching this class in the sixties I remember and lot of people just started vomiting and I never know what to do about it? And I said what did go wrong, it was not expected and we found out all those who ate those beans and that kind of stuff, they'll, the body rejected it out, right out, one, two, three out. Come on, put it, yeah, hammer tape, give them the beats so that they can do it, they feel little excited about it. You do all that, that buddist thing. Come on, come on, that drum, stroke drum, not the pangda drum. This we'll do later. Come on, come on, you've to, you've to today really,..... You may feel, not a year ago, it is just a, it is just like, it just doesn't go like this, then it becomes circle. It is just like, it is just like here, it is pulling this, it is a very painful. Yeah, pull, pull, just pull, just pull, it is a lower back and this area, kidney's area, no circle, just pull. ahhaa,... Louder, louder. (----)

If you do this exercise I am telling you tomorrow you'll be different person. (-----) Tomorrow is Saturday, here a great function is happening, Sikhs are coming all over this area, west-east coast, discuss here the image, so if anybody is interested to speak on that subject, let know. By the we happens to be the hosts. Come on, come on, pull it, pull it, oh, once I gave this class to Japanese, I loved, I still remember it. They really did it wonderful. I know you don't want to do it, I know you don't like to do it, still I want you to move this area. Hand, aye, pull it, push it,...

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If it hurts you're lucky, if it doesn't you're not doing it right. It is impossible you do it right and you won't hurt. Ladies, your menstruation, muddle the non-sense, what you be yourself, whatever you call it, (?????) and men, your impotency and your thing underneath, what they call it...."

S: (-----)

YB: "It swells up. Ahaa, for sake I know. I know all that and your descending colon and all that area which you live with a (?), face it. Get hurt. It'll save you, emergency, what they call the intensive care, remember. Hay, I went once for a barium in a (?). Oh God, I just had a some (?) here, and it was diagnosed and let us check it out by the (?) and the lady came for barium anema and she told me first time, she said this is the worst medical procedure.

I said, "Don't worry, I am a good student, just go ahead and she did it."

She said, "God, if people like you come, my life will be (?) of (?).

I said, "Why"

She said, "You just solemnly lied down and went through the whole hell of it"

I did it for forty days, this exercise, I am asking you to do it. Otherwise remember that great barium anemia, you know what I am saying. Pull, pull, pull,.. See how easy I can do, hands are just to help, elbows are here. Come on, come on, ugly, dirty, I can't help it, doesn't matter. Squeeze that particular area and pull it up, what's that's all you've to do and tomorrow watch out what comes out of you. A bundle of mucus which has been there for colonies for centuries, why you don't understand, it is the one way, it is one of the panch karma. In yoga we do this, we take a bucket or two bucket of water and clean it out. By the process, but this is the kind of panch karma which everybody can do and get rid of the mucus, cone they call them? Sometime put a camera inside, see what is inside there. Tape worms, ring worms, those small little worms who, I don't know what they call them."

S: (----)

YB: "They're very little."

S: (---)

YB: "Whatever, you feel lot of stuff inside. Chalo, chalo, chalo, chalo, chalo,..... Move, move. Don't, be careful, chewing gum will move in and you're going to stick in. All use your power, sweat, sweat, I am not going to stop till I do not see you hot. You know we don't go nuts because we want to go nuts, we go nuts because we've no guts. Is very simple thing. Are, this is a yoga class, not a dance class, squeeze that area.

(29:22) Okay, have you done enough?"

S: "Yeah"

YB: "Feel good. Not yet, **we're going to work on that area, put your hands like this please and now we're going to give the beat and you're going to pull the navel and leave it, pull the navel, leave it. Don't apply mool bandh, the root lock. 2°k 3 minutes: Anus and second sexual area and navel point when it is pulled together**, it is called root lock, mool bandh. That's what you're going to do. Heads like this please and he is going to give a beat and it will be like that. Lower, lower, lower, only lower. You have to squeeze and let it go right there, not to keep it. **Anus, sexual area and navel. Come on, come on, pull, pull. (-----)**

Idea is, what is the idea getting pile and (?) formula and apply this and then you've a wet uterus and then you keep on padding, do you understand there was about, I was reading, forty, forty five diseases, if you do not know how to root lock. And you'll get them, one or the other. So, come on, all the three in one and release. The anus and the sexual area and the navel point, all the three pull and let it go. (?) sometime in enjoy yoga classes, it is worth while, not a punishment.

Come on, come on, come on, come on, try folks. Okay, okay, okay, now I am not asking you to do this, but I tell you if you do not know how to apply your root locks, you'll live one third of your life. One third, you may be American, you may be Indian, you may be German, your (?) makes difference. And if you cannot pull it and release it instantly, your (?) will never be together. And if you can apply root lock, you can raise your blood pressure at your command and if you know how to lower it, you can lower your blood pressure at your command. So blood pressures doesn't become a problem, it is just a way you want to deal with it. And sometime you need a higher blood to face certain thing and sometime you need a lower blood pressure to face certain things and you know the root lock, you can know everything.

(33:09) Okay, you're funny tonight. I thought of, okay now, watch this. **3°k 3 minutes: This is another root lock, right.** (34:08) See, there you always get a (?). You know, now, you will do it with the beat, come on. The whole thing, keep that, yeah,.... (----)

Lock your neck, lock it. E.N.T, ear, nose and throat, eyes will never go in problem. I am teaching the fundamentals. Shoulder must touch the ears, the balance must be kept. Be strong, come on (?), you can do it. Yeah, we can do it right. Let's do it. You know detritus of the neck and the shoulder stiffness can lead you to miseries. Very simple. When I had a week last two accidents, nothing helped. I learned it. Good for hidal (?) and two this morning I did it. Watch at me, convenient. These two muscles are undeveloped and your life starts pain, trouble, head ache,



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ba, ba, ba. Come on. Break the pattern.

Okay, relax, (36:58) relax, relax. I am very kind tonight. I am not trying to,.. now if you do not know the root lock and you do not the Jalandhar one, this is, this is called throat lock. You better not live. That 's how bad you can be? And these two locks are responsible to be one bundle which will (?) this man (?) **is the source of cleaning out all digestive problems, this is how you do it. It is a circulatory, yeah put panda, not just this too slow.** Fast note.(37:50)



S: (-----)

YB: "See it is, it is a double system, it pulls, it **4<sup>k</sup> 2+2 minutes: pulls like this, you know its circulatory. Yeah you dance with it.**"

S: (-----)

YB: "Ah,"

S: (-----)

YB: "It goes up and down, and up and down, it is circulating, it will become circulative, these two (?) will make it circulatory."

S: (-----)

YB: "No, no, I am just using this area. Spines may not come as help. Watch. Just try it, it will come."

S: (-----)

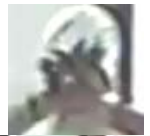
YB: "Yeah, it'll start, yeah, it'll start automatically start revolving and tomorrow if those, this is how in India and other places they get rid of it. Ring worms and long tapes, you know they come about three yards long? Have you seen them, oh yeah. They are there for centuries, we couldn't know what is going on. They don't care what is inside. In India they don't (?) this tape, they don't make any medicine for it nor. Even today medically they don't allow. They give you a huge full five bugs of garlic and shun it in your mouth and think third, fourth day this guy is understand that its not possible to live. You want to test a friend, eat a garlic, go say hello, within two minutes you know how much he loves you or she loves you. So after third, fourth day they start moving outwards and this guy is starting eating for a week and garlic has a capacity, it scrapes up all the mucus and all extra ordinary living friends in the colony inside and then one thing, you can know how religious they're. What ever comes out, they preserve it, they don't go anywhere to keep it so that they feel, if that is mixed up in anything that make you disease to other thing or bird may eat or animals may eat and that can cause a problem. Therefore, they put it all in a one big earthen thing. Then they put living lime in it, you know what is a living lime? Is a very powerful stuff and then they put that and dig deep five, six feet and they put the whole thing in. That's how they clean themselves. And if God knows what you have inside, you may feel that you're eating (?) yourself and some others of getting inside is eating this (?). You can never know, you may have permanent residence inside (??????). You know what I mean. So it is easy to talk and brush up outside and look good, for God you can't feel good. You know what these can do it to you, they change your mood.

There was a one student of mine, she was always negative and I got tired. (??????). God what's got wrong? So, I asked the doctor to test her out. Oh my God, (??????), they (?) him out, fourth alone and they always in pair and they finally have to do the whole thing to bring the damn, whole thing out and it was just like a (?). Won't leave and its a humors. They entered into wrong organs also and give you lot of trouble. So if eat peat you'll never have a stone and never have fibrosis, do you know that. This ordinary pair we don't eat. It cleans the body of the fibrosis and stones and if you just go on a garlic washout, I won't sat aneama and in a week you can totally drag it out and you do have a, what is called confined gas. Confine gas is a very, its, its not settled gas. The problem for that is all this hernea, hernia business God knows, because we don't have time. But if you take (?), three parts (?), one part cardimum, one part it is peppermint and make a tea, boil it for two hours and early in the morning just take one cup, change your life. You have brighter look. Yesterday I was miserable and last two days before that I was almost telling you, probably they would have done my heart, open heart surgery but the burning I had, first time I learned what these hard burns are? They are the most miserable thing I have ever faced. They are good (?) enough, its good. All right now, **play, play, boy play, dance, dance, this area dance with it.** (-----)

Watch. I dance it up and down. (?) can take away all the disease in this area from here of the aandh baandh to here. You can do left and right, up and down, circulatory. Come on useless, I'll see you'll do it right or wrong. All India batch up here. Sit, sit, sit. Watch the tape, they can't do that fast the tape. Get set, chalo. It is automatic. What your friends have not thought you, mama, papa never thought you at least I am teaching you, have mercy. You can do this. Is very sexual. All right, all right. We've done all the three, now we'll go the final, final. (46:20) **5<sup>k</sup> 3 minutes Lock your hands please and sit like this at full pressure and pull the root lock. Time we have only three minutes.** Root lock is the anus, the sexual organ area and the navel may be squeezed now. And you've only three minutes, and we wont pull it more than that doesn't matter what."

SIDE B

The best brain help is just right now what you're doing. I never desired to live, I thought I have done my job, now I see you know nothing, I say oh my God. Squeeze, squeeze, all the three. One, two, three areas, anus, sexual organ and navel. Squeeze with the help of those lock hands. You have one more minute to go. Come on, forty five seconds. Thirty seconds. Fifteen seconds. Ten seconds,



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stand by. Five seconds. (49:14) Now inhale deep, squeeze with a canon fire, exhale. Inhale deep, squeeze, fire out. Inhale deep, squeeze, let it go. Relax. (49:30) **The three areas, mool bandh, udyan bandh, jallandar bandh, if you do it in a hata yoga it'll take you about seven to nine years to practice.** In the kundalin yoga, you do it where you're all just now started. Effect in this is far greater, matters to get the result. Well, you have to one more thing and then we'll go.



**6°k 9 minutes:**

Pick up a partner of your choice. No, no, just pick up a partner, pick up, pick up, pick up, ready. And lock your hands, fingers into fingers, I know your finger is cut, but there are two fingers can serve purpose. You're locked, right, perfectly, look at each other face. And you know, we churn the milk, yeah. **Play the tape.** (-----)

**Little faster. Move, move, you've to sweat.** (?) do it. (????????). Thank you. Try harder. Inhale and pull as much as you can, squeeze and pull. **Pull, pull, pull.** Do your full force. Let it go, inhale again and spare nothing, pull, squeeze and pull. Let it go. Inhale

again, yeah, squeeze now and pull. **Relax.**(59:07)

I do not know what is my program is going to be, I think we may end up teaching Monday and Tuesday class here. Circumstances are sometimes contrary to my desire, but we'll confirm it. However the idea is those who'll live in this small and this wonderful earless town which has no 'prana', you need help, you need to do things which normally anywhere else do not require normalcy. So if it is become impossible to leave Monday and Tuesday, then what is the use of wasting time, years and all just teach two evening classes and leave Wednesday, but is subject to certain confirmation, I have to call tonight and we'll take care of it. Tomorrow we need some volunteers, volunteers means gracious people who can come and, because lot of food has to be brought, and we've work that out, plus there has to be all chair here and all that stuff. Unfortunately we have been host without our, even consent. But that's how they wanted it and we did think we're new too, and it is time to talk and communicate. So we're, it'll be very desirable if you tomorrow come and help, also come and participate in this seminar. How to put a image? Listen to these guys. I manage, that's image. I manage, that's image. What do you think image is? How you look like? Who you're? What you can do and what you can't do now? Image means I manage. How you manage moment to moment, even to even, time to time, space to space, longitude to longitude, latitude to latitude. Regression, progression, reversion all that stuff, how your intelligence help you to do that is called image. It takes years to create a image, it takes a moment to loose it. Tomorrow they are going to discuss the image, God knows whether they did know the meaning or not, but I'll just, I'll just define image. And then I'll stay, I'll stay if I'll be gone, then you'll be notified. I think,...."

S: (-----)

YB: "Ah?"

S: (-----)

YB: "First of all we've to just make one call....." S: (-----)

YB: "Yeah, who know by Sunday positively? We're trying to leave Monday by some morning flight to reach there 4'O clock something. But there is a situation for which I require, I may not be in a position to handle it in (?) I have to be here. If that process happens then naturally we'll leave only Wednesday. More over I am just, now, not very required person that I have to be somewhere, take it easy. Like, like you do certain things so that before you start leaving towards New Mexico, somebody else says that he eat rodent and then blaming everybody else. Have you seen this America, how much,

how much media can mess you up. Anything which comes on media, they come. They have found out a mystery disease, first it was a play, not a plague, now it is not a plague, now it is a mystery disease. When Indians have not died with disease which disease is that? It is a navoho nation and try to understand all this area which doesn't look. They collect from a radioactive elements, you know what I am referring to, I am not saying intentionally certain things and those radioactive material sometime get into food supply and water in the reservations. That's where it is. They call it plutonium, they call it pollutant, they call it this, I have different names for it, I have my own English and first one time it was making tones of money for these guys and secondly they have a rented a space to the federal Government for get this radioactive material dumped, so that is showing up now. So, what is coming up is that all this cities and areas which allow for money or for (?) this radioactive area will have very unfair chance to survive. Something like that can breakup. So, that's what real problem is, but they don't want to say it.

One day I was walking through and there was a beautiful blue truck, beautiful, I mean you love it. Shining blue, you know what there is written, "heavy quality radioactive material", "keep distance"; "human not to touch any part of the body of this vehicle". That was written, both sides. I said 'hallelujah', then we tried to cross it and we found the seat of the driver is totally isolated. A thick, very thick special kind of rubbering and padding, so he was sitting in a different chamber, rest were all exposed and if that damn that bypassed my car, it did what it did and this, that's why now they're making up simply special roads and bridge, normal human roads, the vehicle will not travel. We can talk of heavens but our matters on the earth are no good. So we'll let you know by Monday, the Sunday I mean what is happened and please also keep a check

**Link to video**

<https://drive.google.com/file/d/1HRZRi4UZLT2A4eC3N2UDyITUMMUkNXW2/view?usp=sharing>

and let your friends know, so if we can have two days of fun, it'll be fun. My worry is that I teach morning and evening class in New Mexico to the kids and I promised them that this time I am teaching them as I used to teach in the sixties to make them real steel. Here we teach philosophical class. So, it depends how we'll solve it tonight and tomorrow morning. May the long time sun shine upon you, all..... and the life..... God is..... May the long time....

S: (-----)

YB: "God....."

S: (-----)

YB: "God, my pure simple friend, my creator, my sound in my fiber, my existence, as you give me into me to enjoy it, I asked him to give me power in my prayer and my prayer be powerful. So I can pray the, praise the, and surrounding in which I am, I can penetrate through, project and also give me the power through my prayer to perish the negativity, within my own domain and those seek I to help. For this I humbly ask thy five it. Deserving and undeserving, competent or not competent, worthy or not worthy, I ask the for my self, be blessed with the bounty and beauty and give me all so I can serve all as the, Sat nam. All right, thank you very much, good night, slowly and gradually, talk for few minutes, don't rush home, normally you get up just like a fire has taken place here."

S: (-----)

YB: "You rush, just relax few minutes. It is not,... Oh how are you? You brought two, oh, thank you."

S: (-----)

YB: "(?), oh, that's what you made. That's pretty good."

S: (-----)

YB: "So I've to read what you wrote."

S: (-----)