

the center of the palate and that is where the central nerve

32° degree meridian: the Christ meridian, in the west we call it the Sat ka Buddha Bindu

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### SUMMARY MEDITATION

it straight and hold your hands in the lap in a easy posture one over the other, we know that is a simple thing to do okay. Just like this, see these hands just like this put them here and let the thumbs meet at the end right, close your eyes, inhale deep, exhale, try to breathe when you have to breathe, try to breathe maximum okay.

I'll lead you with the notes and you will follow it. Inhale deep, 'Wahe Guru Wahe Guru, Wahe Guru Wahejio...'

(Students: Singing 'Wahe Guru Wahe Guru, Wahe Guru Wahejio...')

Inhale, you have to say eight times without breathing in-between this mantra in a monotone, go.

(Students: Singing 'Wahe Guru Wahe Guru, Wahe Guru Wahejio...')

Don't breathe in, stop if you can't. Now inhale deep, see how much breath you need and release the breath very slowly, go ahead. Inhale deep, try to make it, go ahead. Yeah, yeah time it fast little bit. Try it, be successful then you will be successful, go ahead.

Go.



Are you didn't take even forty-five seconds, go ahead. Put your heart and soul into it.

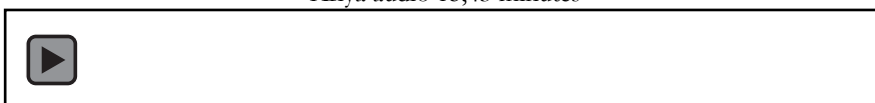
Participate, participate.

Inhale, exhale...

We have practically done it for about eleven minutes, you can say maximum and which I understand out of the whole congregation very few could have carried it, I want to make you understand what, how it will work. It is required to be done thirty-three minutes by clock, there is no hanky-panky about it and if you correctly utter this 'Wahe Guru Wahe Guru, Wahe Guru Wahejio...' you will exhale the entire breath in one minute, in sixty seconds, it's a total scientific study, don't do it more, don't do it less. And you have to say it eight times virtually if your breath is all right and breath of fire is all right, you will do it in one minute per saying and in other words you will be doing about thirty-three minutes or you will be saying thirty-three times, but your breath will be short and then you cannot do it eight times, so this is how we build up the stamina, we build up like we do it like eleven minutes, eight times, then we do twenty times for few days, twenty-two minutes eight times, then we do thirty-three minutes eight times, we built it up. What it will do to you? It will bring in you when the breath can be regulated by...

Now try to understand for you Wahe Gurujio Wahe Guru, Wahe Guru Wahejio is a mantra, you feel you are appreciating the God lord, what is Wahe Guru? Wonderful God, wonderful God, that's what you are saying and when you say Wahe Guru Wahejio you are my beloved of my soul O God, literary meanings are very simple, it's not something you are saying something very freaky, but the combination has to be this way, Wahe Guru and it is the tongue and the lips movement, it is the moon and the sun movement, so you can't say very fast, you can't say very slow, it is just like 'Wahe Guru Wahe Guru, Wahe Guru Wahejio...', if you correctly pronounce it you will find a very subtle rub against the center of the palate and that is where the central nerve it is called thirty-two degree meridian is which we call it the Christ meridian, in the west we call it the Sat ka Buddha Bindu in the east, so that is stimulated. Then what else? You can think right, you can act right, you can see right, you can look at yourself, you can imagine, you can meditate, everything else follows. If you don't do it, I have no grudge. I mean, don't misunderstand that I am putting you on a trip because I am going for three months, that's not the point; point is not I want come back and I want to see you happy and not going berserk.

Kriya audio 15,43 minutes



### LECTURE

... My God there are so many things.

Student: (---).

YB: Oh sure you know take care of you, you are here too. What is this?

Student: (---).

YB: Anchorage, anchorage, anchorage talks. Now what is this?

Student: (---).

YB: Anchorage talk that was a good talk.

Student: (---).

YB: Khalsa Kaur, Khalsa Kaur, Khalsa Kaur, Khalsa Kaur, Khalsa Kaur where is Khalsa Kaur? Khalsa Kaur, good, good, good.

Name itself is very pleasant. Oh come out now endangered specie. Far out. Hi baby, it's nice.

Students: (Laughter.)

YB: Which Singh is that?

Student: Five years old (?).

YB: Aah.

Student: (---).

YB: That tall skinny guy?

Student: (---).

YB: You mean Guru Parvan Kaur's husband?

Student: (---).

YB: I am not talking about the son, I am talking about the husband.

Students: (Laughter.)

YB: Is that true? Hey the air-condition is working?

Student: (---).

YB: Are you sure?

Student: (---).

YB: I know, I know Shakti, I am not yet seventy-two, I am not that...

Students: (Laughter.)

Student: (---).

YB: Look what is coming out of it.

Students: (Laughter.)

YB: Snoopy with a turban is a new addition. We never thought as a religion we have become that popular.

Student: (---).

YB: Oh beautiful.

Student: (---).

YB: Even the snoopy has tied turban I can't believe that, well America is changing anyway. All right come on.

Student: (---).

YB: Confidence, now it is a very tricky subject today folks, it doesn't suit Americans, but it does suit humans. The subject is confidence within your self-confidence. I understand you want to be spiritual, spiritual is okay. I also understand that you want to be happy, to be happy is okay. Over and above I understand you want to be successful, to be successful is okay. Your proportion towards do all that is let us get rich, pile up lot of money, have lot of power, everything is going to work out, it doesn't work out then you start feeling frustrated. Your frustration is not something unnatural because when you do unnatural things you must get frustrated and you must get depressed and you must look back at yourself to revise yourself, that is the law. You think by popping a pill you can get out of depression, it won't work, after a while one pill will get you out, then three pills will get you out, then twenty pills will get you out, then no pill will get you out.

You think by making a love with a girl you got all the problems squared up, you think and next morning you open your eye and she said, "John I have a question."

And you said, "What?"

She said, "You did make a love to me but my feeling is your mind was somewhere else."

And you said, "Hay, hay. Here she goes again."

These things, these mental voyages of your life come from one fact only, these depressions, these self-negations and these disqualifying factor of yourself they do not come from you, they come from your having no confidence in your own self-confidence, self-confidence is there. If there is no self-confidence you can't even walk, you can't even live, you can't even breathe, but you are not attached to that self-confidence (?) with a confidence.

You breathe, you live because there is a soul in you. Soul is just a tiny tinder light in your body but if a soul is related to mind and mind is related to you, you are all powerful. You may not be all passionate, you may not be all romantic, but you will be all powerful. What is the power? You need power, I agree with you, but which power? Power which is truth, which is,

'Aad sach, Jugad sach, Hai bhee sach Nanak hosee bhee sach.'

Or the power you think you want? My dear if you need that power it is very understanding thing which I learnt, somebody said, "Let me think and let me act."

I was counseling the person just you may find these familiar words, let me think and let me act, I said, "Let you think and let you act, I don't agree."

"Why not?"

I said, "You have no power of thinking, no human being is made with a power to think and no human being is made to power to act."

You must understand the fundamental. The thoughts are released automatically, it is the power of the intellect in you which releases the thoughts, so there is no problem, each thought which is caught by your ego has become your emotion, each emotion which is caused by your totality of personality becomes your desire and it is the desire which makes you act, you don't act, that is the only misunderstanding we have got, we think we think and we think we act. If you can separate these two things that I neither think nor I act therefore I watch what I am doing you will be doing perfect, you will be doing totally right.

The problem is you can't separate this little thing, I act, I think, I think so, I will do it. The driving force for every action is not you. The thing which is making you act is not you, it is your desire which has matured from the emotion, it is your emotion which has matured from the thought, it is your thought which has stuck by the ego and engulfed, therefore what is, is happening, what is being received, what is going to be achieved is not you. Am I clear? You want to act, I agree you should act, but first of all try to understand can you act, can anybody act without the desire? Ask a depressed person even to get up from bed. When a person is depressed you say, "Hey come on, look."

He said, "No, I don't want to look."

"Drink please this glass of water."

He said, "I don't want a glass of water."

Students: (Laughter.)

He said, "It is me."

"I know it is you."

Why is a human being breathing, alive, perfect, very mature, Ph.D., has been a president of a firm for twenty years and what he is doing this like a sleeping like a cat and putting a hand on his face and not drinking a glass of water?

I once saw in a hospital a very good health person being fend intravenously and I said, "My God what is problem with him?"

They said, "He is so depressed that he doesn't want to open his mouth."

All right, that's one example, take the other example. When you are wound up, what they call is, hyper. Then somebody said, "So and so, please sleep."

(?) you go to bed, you go, you sleep, you sleep, I don't want to sleep."

"Arey, it is 2 o'clock in the morning, in an hour we are going for Sadhana."

"Sadhana, Sadhana I want to think, I want to think."

And people pace out in the room back and forth. Have you ever understood that situation?

Somewhere you total overact and overindulge, somewhere you are totally depressed and undermined, underhanded, over bored, super bored, super depressed, why? Because you don't have a confidence in your self-confidence; therefore you do not know what you are working for, who is working for and what it will give, therefore we have a requirement, we have a requirement to be healthy, happy and holy, you agree.

I am giving you a meditation today, I call it the last meditation. I am giving this meditation in the essence not that it's a last meditation in the sense, but I am giving you last meditation in the essence, that when life doesn't work for you and you are pretty shy and you don't want to go to anybody and say, well, I am going crazy please help. Sometime personal image is very important; how depressed you may be you want to hide even then, then you need not go to anybody just do this what we are going to do today and find it for yourself that, is Kundalini Yoga is a science and a art which can totally make human being healthy, happy, holy or not.

Let's put ourselves to test, okay if you don't want to participate you can sit and not bother, you have already paid the donation at the gate, it won't bother, but if you want to participate be sincere because I will like you to experience what you can experience tonight, I want you to feel what you want to feel tonight, I want you to work it out what you want to workout tonight because for this of the month this is our last class, I am going to see you in the month of September or something and lot of things will happen in my absence but you need to survive with something and this is what I say, even if you are dummest of the dummy and nobody wants to buy you for twenty cents even this you can do it right you will come out with best of yourself. All those who still believe at the age of thirty or forty they need to sleep with a teddy bear and they do not know how to deal with a grizzly bear can still work their life out, okay. Am I doing a good sale job?

Students: (Laughter.)

YB: I feel I have to market this meditation so that you may get the benefit and then you can help others. The best we have found to help is that in Anchorage, Alaska I old Nirvaair Kaur I said, "This person is totally depressed, nothing is going in, there are ears but there are no ears, there are eyes but there are no eyes, she is hearing, she is seeing, she is alive, but she is not in a position to participate with life." Sit down with her and do this with her, one day one person helped another person. When I left Anchorage she was so grateful, she was so much helped, that she could handle everything, whereas you bring a person like bringing a person on a stretcher and then person leaves you driving herself is a mystery. So please participate with heart and mind and see that you do it.

**Sit straight and hold your hands in the lap in a easy posture one over the other, we know that is a simple thing to do okay. Just like this, see these hands just like this put them here and let the thumbs meet at the end right, close your eyes, inhale deep, exhale, try to breathe when you have to breathe, try to breathe maximum okay. I'll lead you with the notes and you will follow it. Inhale deep, 'Wahe Guru Wahe Guru, Wahe Guru Wahejio...'**

**(Students: Singing 'Wahe Guru Wahe Guru, Wahe Guru Wahejio...')**

**Inhale, you have to say eight times without breathing in-between this mantra in a monotone, go.**

(Students: Singing 'Wahe Guru Wahe Guru, Wahe Guru Wahejio...')

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Students: (Laughter.)



YB: That's where the point is. So I am giving you home task and if you have a iota of honesty, not only you do it make your neighbors do it, make your roommate do it, make your children do it, make, try, try, try, try, you will enjoy it. Eight times per breath inhaling deep holding and going through, is that real, understandable. And at least if you are into very commercial situation just say I am going to do forty days, commit, but don't cheat, each breath eight times. Surprisingly you will wipe out lot of negativity because after all, what is negativity? Mismanagement of this cantaloupe.

Students: (Laughter.)

YB: This is computer, I mean you, you are perfect, this is mismanagement and you know whole things goes like that, so it will work out. May the long...

The class sings: 'May the long time sun shine upon you...'

YB: Siri Data is born today?

Student: Yeah.

YB: Hey Siri Data you are born today, promise to be humble and don't hate girls.

Students: (Laughter.)

Siri Data: Yes sir.

YB: What do you mean yes sir, say it yes or no let the congregation hear.

Siri Data: Yes sir.

YB: And look you came as my son to serve me and you have given me so bad time. I don't want to say anything, but I tell you if I would have been what I am and you would have come to study with me in India you know what I would have done to you, you want to listen to that?

Students: (Laughter.)

Student: (---).

YB: Okay you don't want that, so it's okay, but I tell you today just act good, it is the goodness which is the godliness. You have been assigned a job and I want to see that, whatever jobs are you can do them all and still rest, right. All right, let us sing.

The class sings: 'May the long time sun shine upon you...'

YB: Yeah, yeah, may, may, may.

The class sings: 'May the long time sun shine upon you...'

YB: Bless me God, next time whenever there should be class we must choose five men as volunteer and then after a month we should chose five ladies as volunteers who should be exactly here 6:30 with their guitars and instruments singing and chanting, it should not be a volunteer service, it should be confined service, precisely those people told, because what is happening is some people have got so egomaniac that they don't have a time to sing, they don't have a time to, their instruments are crying sitting in the closets, they don't take them out so we should see. And then secondly there are some people who never sing, put them on the schedule and make them miserable.

Students: (Laughter.)

YB: And let us have everybody singing, right.