

NM128 940316 Tonight, we will pull the strength from the third chakra on to shashara -That's the way of prosperity

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F17E

#### SUMMARY MEDITATION

**kriya 11 minutes:** YB: Well, first of all, it's a har hard class in the sense, you have to realize, you have been goofy goofing, so it will bring out within you some goofiness. You know this hand of mine, lock this these two fingers and put this these two fingers at **sixty degree it's called rising sun**. Goofing Two fingers, that Jupiter and Saturn finger and lock and with the ego, the Mercury and the sun finger tight and sixty degree like that and this hand, lock this and this these two finger in the same manner. Now this way we are creating a call it **polarity imbalance in the horizons and the hemispheres of the brain**. Therefore, the posture must be correct, sixty degree, sixty degree, you are not up, never down, right in the middle. Ninety degree is this, sixty is this, you know what I mean? Follow? It's more than forty-five degrees, it's less than eighty degrees. I am teaching geometry. No, no, it is good class, you will enjoy it. Now close your eyes. If your left hand, right hand in position now. Accurate, spine straight, chin in, chest out, chin in, chest out. Right, **eyes closed and roll down your eyes downward at the point of your chin your moon center. That will clear out your nightmares, where you even will clear subconscious. And without the help of breath, pulled pull your navel in and out but do not**



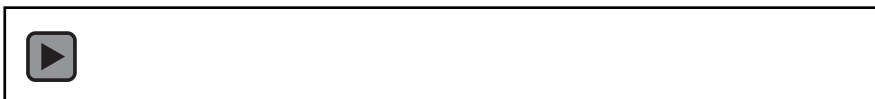
**let the body move** too much and you Siri Ved, play every breath of life. Loud and clear. Pull, pump the navel, without the help of breath, breathe normally but pump the navel by the help of the deiform diaphragm. Yeah, yeah you can sneeze as loud you want to, it's a good thing to do.

(The tape is played) **HELME**

YB (talks over music): Watch your angle. And keep it up. (?) correct, right. Only thing which will be have that song is your angle will (?) thank them, become either roll your eyes, I know, I know, I know, I know. Sixty degree is neither seventy degree nor north forty degree folks south. That is where the entire nervous system in the armpit and will create a pressure and change the entire body into be dung young. Every navel stroke will give you a new brain, you know who will ask, it is a overhaul workshop, what he had ask. Don't worry it's totally handling, it's not that crushes. You know what I mean? Bring Give your brain a chance to refill rebuild itself, what do you want, get your (?). Close your eyes, look at your chin points and steadily impress do it. Let the molecules in the body changed to be done young, give a chance. It is something tonight some people have driven as faraway from Albuquerque. I know it is a hard class but I also knows know you are getting old everyday. I also know you have to remain young and wanted. (?)Be so. do it. Mukta don't fleet sleep, come on chin in, chest out. That's Let the arm hurt. Where you are, that is your Sehaj Padh, it's called central nerve system. I know it hurts but it hurts when you are in emergency hospital and they put all twenty needles around you, that hurts you too. Fill it when So which one you want.? Here or there.? You have five more minutes to go hold up. Behold your position. Behold thou shall experience start God within you. Don't deny yourself, renewal. Two more minutes hold strongly, hold your portfolio. Move the navel strongly for last two minutes, please. Last minute, stronger, stronger. Move stronger the navel. Inhale tight.38,38

(The tape stops)

YB: **Move the navel, harder. Fire out. Inhale again, hold, move the navel, harder. Fire out. Inhale deep, deep, move the navel harder. Let it go. Relax. Done. You are okay. Slowly by slowly your spirit in you is stronger and stronger, each day, each kriya, gives the strength of your spirit to your being. That is education, that is Gyan, that is knowledge. And once it blossoms then the world comes to such person. That's the way of prosperity. Otherwise you and your miseries will live forever.**



**kriya & Sing after kriya 39 minutes**

#### LECTURE

a class and may I have to go to hospital again who knows.

Student: How you are feeling sir?

YB: Feeling good because sometime it can be called medicine mistake. So medicine mistakes can cause anybody trouble. We have been noticing, noticing for a longtime, the heartbeat was skipping and they became worst. Last night we decided to go

to hospital emergency to Albuquerque. And we found out that there is a one medicine, which was also to be followed by another. So little misunderstanding caused this serious concern. However, 'Rapave ben sath rakhe Prab paave binn swaas raakhe.' If God wants to make you live, it can make you live without a breath of life. So it was caught in time, it was done right. And ladies a banana a day can save you from going to Albuquerque as I went because woman straight you menstruate and your potassium get load lowered, you can have lot of troubles. So basically your few come fulcrum point is, in the morning eight a.m. and the evening four p.m. I know all the teachings but you know there is so much work I have to do, sometime I forget, what I am and what I am doing, forgive me for that.

And this time, I am very serious, seriously trying to find friends. Who can take this dharma gracefully from me and carry it on. You must understand or as a single man, single crusade, it was a all single man crusade and also it is my honest responsibility as a honest man, if I am honest man. And to handover this, you know this nonsense you hear, the big man, the Guru's and all that, Guru's were Guru, we know the Guru's were Guru. Guru's were Guru's because if you read their bani that will tell you they were Guru's. There is a standard of situation from which a man can be judged, not everybody eats, everybody sleeps, that's not the standard, stand even, standard of elevated consciousness or elevating procedure of consciousness, that's what makes you great. Greatness is how great you are and how grateful you are. There are two ways to be great, not only how great you are and you are not grateful, you are pain in the neck. So I have to do two, three things. You know one thing, I don't see any more beauty in life, then than God made me a human. If God made me avatar, it was His risk, not mine, I have not to accept it. The If God makes me the most powerful man, I will not accept it. If God makes me the most ugliest man, I won't accept it, I will accept it only being a man. And that is the beauty of man and God, which you must not sometime understand, you always want to be somebody. You always want a adjective with you, you always want to follow somebody. You always want to lean on somebody, you always want to love from somebody, I know what you want. Because you never feel that when God made you, He could not made make anything better than this. This is one misunderstanding, every man is suffering. You all will be suffering, you all have a guilt because mostly spiritual people laid on you, you all have been told, you have to improve yourself.

No, no, no, no, no, no, no, no... when you have were born at as a little child, you didn't know how to pee, you remember how to pee? You are were party potty trained, right? When you knew you do not know where the food is, a mother turn her blood into milk, you got it all and now you misunderstand. Now you think you have nothing and you have to hassle and earn and go after everything. The tragedy which you do not learn from Nanak is those don't run after things, magnetize yourself so all things comes to you. All things comes from God and all things go to God. Enu kahe dane, satya, it's called law of satya. Remember these words, Sat. Sat means truth normally, literally treat, treated in English, sat means, truth. Sat also means the inner core of grit. The inner core of?

Students: Grit.

YB: Grit, that's called Sat. Sat means when man cannot be shaken. Man cannot be attempted, tempted, man cannot be bought and sold, man not, man cannot be argued or localized and you know whatever, you know what I mean? That when a person becomes a self and that you will only become a self, if you have satya. Truth is wrong in your definition, truth means which is a fact. Fact for you may be not fact for me, who cares, truth have has many sides, a personal truth, geographical truth, infinite truth, creative truth, imaginative truth, God knows every person has three personalities, which truth, which with person, I want to love you, which part of you? Physical part? Your mental part, through which you work and make the personality? Am I supposed to love your fantasy? It's your extended part? If I love you for flesh then I am a cannibal. You If I will love you for mind, I am a negative. I need control, he if I will love you for your extend extended self, I am trying to put you in a space and take you away from your standard confidence. Person must be loved because a person as it is because somebody made him a person. Love true is, that is for the sake of love, love is not true for the sake of condition. Moment love has a condition, desire or extension or contraction or control or territory or boundary or definition then love becomes business. I am not going to say anything to you but just remember a business love or any unconditional love is a living curse through which man drag his ear feet to his grace grave, you will never be comfortable. That is why majority of the people don't like me. I cannot hold your hand and carry you, I want you to hold yourself and go ahead. I will share the technique with you.

I have not come here to have students, I have come here to have teachers. And so long your soul, your primly soul does not teach you the glory of yourself, you shall never find God. Doesn't matter how many books you study, doesn't matter how many teachers you have, doesn't matter how much your libraries in your head you have. You will be stupid to begin with, stupid in the middle and stupid in the end and you shall waste the journey of life, which you earn with graciousness of your previous lifetime Guru and blessing of God himself.

'Guru Kripa thay Pagath Kamayi, Taaye Maanas Dehi Payi.'

With true Guru's blessing and doing devotion to him, you got human body. And that is,

'Tis Dehi Ko Simran Dey.'

The angels worship this body.

'Tis Dehi Bhaj Har Ki Sev.'

Through this body, meditate and serve God.

I have not learned much. If your mind is your controller and your emotions or feeling or are your guide, if your mind is your controller and your feeling and emotions are your guide, you are not a human, you are a animal. You are two -legged animal. Feelings are like waves. The boat doesn't need waves, it needs wind, your sail needs wind, wind the strength of Satya. The most any a elementary power in you, that I am, I am. I am not costly, I am not cheap, I am not available, I am not for sale, I am not for a question, I am not for answer, I am because I am. Only then when you feel then already that Almighty made you

as you. If God could have made you better than you, He should have and could have and would have. Why that Almighty didn't?

There was a girl in LA, she told me, "I am going to get a nose job done."

I said, "Don't, you have very pretty nose."

She said, "No, I have need a nose job."

I said, "It is not for health, it is for..."

She said, "It's for beauty. I have realized I have a bad nose."

I said, "Don't."

She said, "Yes."

I said, "Go ahead." Spending four, five thousand dollar, she cannot control her sneeze now. No, (?), oh no. She spend five thousand dollar for this ultimate extra curricular activities. You talked to her, you meet her in LA, she is around these days, she said, "What is this?" Five thousand bucks. Surgery is all right, if it's necessary. Doctor has the duty Karma to makes you healthy, you go through it gracefully if God wants you to live after all God is in all. But technically in status of life, you have to stop start trusting you. You have to start loving you, you start have to be you. So long you are a fraud, you don't love yourself, you don't trust yourself and you are not you, anybody who loves you, what he has to love, which part of you? Your missing part, your spaced out part, your freaky part, your angry part, which part? Your insecure part? Your jealous part? What? What is there to love, who? Where are you? Yeah, yeah, at night you make love, you have kiss and this a mucous game you can play all right, that's not nice. Everybody pray play, pituitary adjustment is essential that's God's will. You call it love and love making, aren't you stupid, birds will do it, bees do it, animal do it, fish does it, so you do it. That's not what is all about folks. Human love is in the self-serge surge to finding self, greater than all there is. Recognizing God's gratefulness and grace that he made you as you are. That's what Nanak said,

'Akal Moorat, Ajoonee, Saibhung, Gurprasad.'

Once you are as God makesmade you are and your split spirit, your satya, your sat, gives you that power to be as you are, as you are, Ajoonee Saibhung, then you will have no cause and effect and then you will buy by your own grace and that is Guru's knowledge. In a simple West and in South-West Western, in English we call it, when things and all are down and darker, we walk the...

Students: (---)

YB: What is that first line you will sing of as the song of the Khalsa, the song of the pure ones?

Students: (---)

YB: Courage.

Students: (---)

YB: Give it, you know, no, no, no, no, speak it very literally class by class, many?

Students: (---)

YB: It mean many people talk about courage and boast about in all that, speaking cannot think, talk doesn't walk, right, that's what we mean, right, correct. Next line?

Students: (---)

YB: He said, if question is must. In the face of death, what is a death, where your love die dies? Come on answer me. Where your love die dies? Where your love die and you fail and you depart from God, where? When you are insecure, when you forget Ang Sang Wahe Guru, then you forget God and me, me and God are one. That is where you fail your own love, if you can fail your own love, whose love you can carry on? Who is fooling who? Who is making fool of who?

'MaateMaati ka putla, kaise nachat?'

Guru says look at this clay, there is a clay toy, how it dances, his dance, look at his dance, look at his flirtation, look at his charm, look at his save sale, fifty percent off, seventy percent off, bull, you are not for sale. You are born to hail your Creator, you are selling yourself, you are not for sale, not for sale, is first principle of self-love. Not for sale. I shall sell not my consciousness, repeat it, I shall not sell my consciousness, my consciousness is my awareness of God.

Students: My consciousness is my awareness of God.

YB: Now go ahead in today's date and find this line in any knowledge, through any man and through any dictionary and through any statement or any, anybody have said it. They didn't say, they didn't know yet. This is a Age of Aquarius. Repeat it again.

Students: I shall not sell my consciousness, my consciousness is my awareness of God.

YB: See how precious it looks, how juicy and tasty it is. I shall not sell my consciousness, my consciousness is my awareness of my God. It's an affirmation, it's a self-realization. It is what we are. Repeat again, loud.

Students: I shall not sell my consciousness, my consciousness is my awareness of God.

YB: Of my God. When you will say my God, then it's your soul. Never pawn your soul, for anything on this planet, for anything in heavens and for anything underworld. Soul is the self and soul rules and every vibration and every beat of the heart, it's the rhythm of your soul. What he says? Sohung. The voice of the breath is Sohung. I am the God. You know what Sohung means? I am the God, each breath when comes, Sohung, I am the God. That chant goes on, you never reconcile with it. You never become that.

In the Judo-Christian guilt consciousness, they called it, I am, I am. They have to recognize that too but unfortunately, these are Barbarians. They have to push people to the hilt, they have to put them with the guilt and they have to tell them, there is a hell and there is a heaven. You shall burn in the fire of hell to produce the drama, they took the innocent people and burn them at state stake. They never saw God in them. These were those people who in the room who were put before the lions and burn an don stake them self. But when the blindness of the ruler ship come, power corruption, absolute power corruption,

absolutely they forgot. They forgot those Moslem, who are supposed to be humble in the name of Allah, they are putting a food wood around the neck of all those people of Africa and selling them slave, it's making God slave and selling God. That curse will never go away. When nations have plundered, when people have plundered, when men of faiths are plundered, when men of love have plundered, that's what hell is folks. Not that you will burn in the fire of hell, fire of hell is within you when you are unconscious. **When your strength is not with you, when your spirit is not with you, when your soul is not with you, you are I am no width, no grace, no, nothing. You are a paper tiger, you make lot of noise and nothing else.**

**Tonight, we will pull the strength from the third chakra onto shashara, connect it, are you with me?**

Students: Yes sir.

YB: Do I teach right now, sound good.

Students: Yes sir.

YB: Well, this is, this is what the doctors do not want me to do but I thought a teaching class will be a good things to do. It's very relaxing, isn't it? Right. Hey, work is a worship, when your work has your spirit behind it, you are very relax and very real, right true. All right now, hah, you are going to do it.

Students: Yes sir.

YB: It's a hard class, okay. No.

(Students' laughter 25,17)

**kriya 11 minutes:** YB: Well, first of all, it's a har hard class in the sense, you have to realize, you have been goofy goofing, so



it will bring out within you some goofiness. You know this hand of mine, lock this these two fingers and put this these two fingers at **sixty degree it's called rising sun**. Goofing Two fingers, that Jupiter and Saturn finger and lock and with the ego, the Mercury and the sun finger tight and sixty degree like that and this hand, lock this and this these two finger in the same manner. Now this way we are creating a call it **polarity imbalance in the horizons and the hemispheres of the brain**. Therefore, the posture must be correct, sixty degree, sixty degree, you are not up, never down, right in the middle. Ninety degree is this, sixty is this, you know what I mean? Follow? It's more than forty-five degrees, it's less than eighty degrees. I am teaching geometry. No, no, it is good class, you will enjoy it. Now close your eyes. If your left hand, right hand in position now. Accurate, spine straight, chin in, chest out, chin in, chest out. Right, **eyes closed and roll down your eyes downward at the point of your chin your moon center. That will clear out your nightmares, where you even will clear subconscious. And without the help of breath, pulled pull your navel in and out but do not**

**let the body move** too much and you Siri Ved, play every breath of life. Loud and clear. Pull, pump the navel, without the help of breath, breathe normally but pump the navel by the help of the deiform diaphragm. Yeah, yeah you can sneeze as loud you want to, it's a good thing to do.

(The tape is played) **HELME**

YB (talks over music): Watch your angle. And keep it up. (?) correct, right. Only thing which will be have that song is your angle will (?) thank them, become either roll your eyes, I know, I know, I know, I know. Sixty degree is neither seventy degree nor north forty degree folks south. That is where the entire nervous system in the armpit and will create a pressure and change the entire body into be dung young. Every navel stroke will give you a new brain, you know who will ask, it is a overhaul workshop, what he had ask. Don't worry it's totally handling, it's not that crushes. You know what I mean? Bring Give your brain a chance to refill rebuild itself, what do you want, get your (?). Close your eyes, look at your chin points and steadily impress do it. Let the molecules in the body changed to be done young, give a chance. It is something tonight some people have driven as faraway from Albuquerque. I know it is a hard class but I also knows know you are getting old everyday. I also know you have to remain young and wanted. (?)Be so. do it. Mukta don't fleet sleep, come on chin in, chest out. That's Let the arm hurt. Where you are, that is your Sehaj Padh, it's called central nerve system. I know it hurts but it hurts when you are in emergency hospital and they put all twenty needles around you, that hurts you too. Fill it when So which one you want.? Here or there.? You have five more minutes to go hold up. Behold your position. Behold thou shall experience start God within you. Don't deny yourself, renewal. Two more minutes hold strongly, hold your portfolio. Move the navel strongly for last two minutes, please. Last minute, stronger, stronger. Move stronger the navel. Inhale tight.38,38

(The tape stops)

YB: **Move the navel, harder. Fire out. Inhale again, hold, move the navel, harder. Fire out. Inhale deep, deep, move the navel harder. Let it go. Relax. Done. You are okay. Slowly by slowly your spirit in you is stronger and stronger, each day, each kriya, gives the strength of your spirit to your being. That is education, that is Gyan, that is knowledge. And once it blossoms then the world comes to such person. That's the way of prosperity. Otherwise you and your miseries will live forever.** There is no way out you can get out of it. You understand? Because you have needs, need must be met, either you hassle run after everything to meet with or let it come and meet you. Understood? What is the

easiest way? Let it come. Because when you have are born, you grew, you are all provided. When you have had never teeth, you got the milk, now you got the teeth, you will get the food. But you don't trust, you read not Rehiras.

'Sahil Pathar Mey Janth Paaye, Thaaka Rajikaagey Karthariya, Meray madoji Sat Sangat mele sothariya.'

Those who have the congregation of the holy people and who is holy, all nine holes people will meet together into the ecstasy of one consciousness that is holy congregation, nothing else. So when we meet in holy congregations, we do not hide ourself in our pickpockets where we pickpocket our consciousness as stick it there and steal our soul and their and hide behind our ego and then we are generous.

'Sahil Pathar Mey Janth Paaye, Thaaka Rajikaagey Karthariya.'

Those things God has created in the stone, stone, He has given their livelihood there before. Meray Madoji, oh, my beloved one, Sat Sangat, what is the secret of living healthy, happy and holy, rich, prosperous and beauty, bounty and bliss, Sat Sangat, mele sothareya. Sat, the eternal elementary truth. Company of the those who believe in their elementary truth. **God within is you, God around is you and God above is you.** When you are not you, there is no God, there is no love. Siri Ved sleeping? Put the tape on. Yeah, yeah, yeah, it you will look at everything.

(The tape HELME EVERY HEARTBEAT is played 44,20) **6 minutes:**

YB: Which tape you are putting on, you never asked me.

(The tape stops)

YB: See I tell, you just later were sleeping. You mean the same one? All right put the same one.

(Students' laughter)

YB: These are beautiful lyrics.

(The tape is played)

YB (talks over music): These lyrics I wrote in the hospital, do you know that? Put it loud, let us all sing this lyrics. That seems to be relax, okay. Everybody.

(Students sings over the tape)

YB: Imagine hospital bed.

(The tape continues)

YB: This mantra open ups opens up all the channels.

(The tape stops 50,24)

YB: Now just imagine as this these things you have are saying, if you understand, it's a is English, right, not Chinese. Did If you speak these words to understand and you realize these words. See how beautiful a presentation it gives it to you. You want to see the other one? Hey, sing that, I have seen God, ha ha. Put the other one next with, now. If He I will figure it out, you know Siri Ved, the (?)takes about a century to go through her that. He is goes from galaxy to galaxy you know and difficult. So yet. Now sing this too.

(The tape, **God is within me...** 51,12 is played)

(The tape stops 55,03)

YB: Now Siri Ved is going to put a tape of his choice. Watch now.

(The tape, **Sochai soch na hovai je sochi lakh var...**55,10 is played)

YB (talks over music): **Sing, sing, sing, sing, sing.** The very first words of time. You think million times won't change it out. Silence, locked in silence won't solve the problems. Hungers in hungers will never satisfy you, though you may heap up all the word over you. All your strategies won't work out your karma. How can I be true to myself and how to wall or of false it can break through. By walking with the will of God, Nanak which is written with the, you can be always in ecstasy.

(The tape stops 1:00)

YB: There is a God work, God works, doesn't He? He works very methodically, flawlessly. Once a while His computer mess up, you know. What do you call, computer as down? Same thing happens to God's computer too I means. What happens on the earth, happens in the heavens, there is no difference. But there is a one description of God. God described in action, do you know which shabad is that? Anybody?

Students: Jab Sahib.

YB: Jab Sahib is total explanation of God in every action, it's a detail action. But there is a one, which is a relationship man and God. You have showed, Rakhe Rakhan Har.

'Rakhe Rakhan Har Apu Barium.'

Thou shall protect you and will carry you through.

(The tape, Rakhe Rakhan Har 1:01... is played)

YB (talks over music): 'Rakhe Rakhan Har Apu Barium, Gurke Pehari Pai Kai Sovarian.'

He will put you at the lotus feet of the Guru give you the wisdom, so that your job is done.

'Oh Ya Aap dayal Manona Vasariyan.'

If he is merciful, you will never forget in your heart.

'Sath Janake Sang Poujo Tharian.'

He will bring you into the company of the discipline one and take you out of the problem.

'Sakath Nindik Dusth Kin Me Padarian.'

The arrogant, ignorant, Godless people, he will get you free out of them in a second.

'Thes Sahib Ke Take, Nanak Mane Ma, Jesh Simro Sakho Sagale dhe veechar.'

Take the shelter of that one with that meditation all uneasiness shall be go ongone. Sing folks.

(Students sings with the tape)

(The tape stops 1:04)

YB: Thank you. It was a good class. Now you are relaxed, your aura is changed, you have done well. You added some happiness to yourself. And that's all I needed, I wanted you to be healthy, happy and holy. I wanted you to buy your own grace. I wanted you buy your own power of self-realization and God consciousness. So wherever you go, you represent the Creator. That is the only job creature has to do, creature has to create environment to represent the Creator in dignity, in identity, in grace. That's what a human race has to do. So it's my understanding and my prayer that you will grow as you go from day to day, from week to week, from month to month. In my own reconciliation, I am trying to ask you. As you have come along with me from last twenty-five years, many have left, many have come, many shall go, many shall say stay and many shall exhale excel. In that excellence, eagle has to land, some of you will be selected to do the job, which I am doing. There is a some work to be done, which is undone. I am trying to depend on those who I feel I have consciousness or destiny to cover the distance of our journey for tomorrow between now and tomorrow as our children will grow and generation to generation nine hundred sixty million we shall be.

It looks very small today but it's always the first drop of the rain which is bringing the flood. This truth will live. And those of you who are serving this, shall be remembered those and gratitude, who shall follow you. But just remember there is a sense of justice in me, I shall only hand able handover to those shoulders which has the respect, dignity and grace of God, not their own self prescribed formula and games. Games don't work with me. Hand of God placed plays the card, victory is on to him. Life is very simple straight, as I have, I had in blessed to carry this work, as a humble servant of his will, some of you who will come forward, never say never, I never asked for the volunteers. And as the life of the Guru's tells, Guru Har Kishan was only five year old and Guru Amar Das was as old as you can have. So it doesn't questioned what your age is. It's a question what your knowledge is, it's a question what's your will is, question is, how you have surrender surrendered to the will of God and how His grace has uplifted to you. It's a matter of commitment, courage and character. So it's a open challenged challenge to you and to all anywhere they are. Time has come to volunteer, to carry on the job and the duties for the future of the Age of Aquarius and the Sikh Dharma, you are all welcomed to it. Nobody is right, nobody is wrong but one who sings the songs and the glory of the God and shall come to the virtuous self or respect, shall be honored. And test of the story is, when Pritichand the older son of Guru Ram Das, though he stole the letters of Guru Arjun Mala Mal, who was not Guru at that time. And when it come to an open test, Guru Ram Das said, "All right Pritichand, Arjun Mala Mal has written this three letters, you write the fourth one to complete the spirit." Pritichand couldn't do it and Arjun wrote the most beautiful letter, 'PaguvePaag hoya Guru Sant maleya, Prabh abnase karme paya.'

And he was honored on this part he spot. If you put a dog on the throne, is make a, his easiest desire will be to go and lick the grinding wheel. Dogs cannot sit in glory on the throne of the King and those who play mental games, 'Ek narpat pehasan beta simasansinghasan chupne peya bukaree.'

One King in a mental game slept, in a dream he became a beggar. So what I am trying to explain to you, you got to reach your inner strength. So that,

'MaanMann Jeetey Jag Jeeth.'

You can control your mind, body is a gift of God, so you can graciously grow and glow and let your spirit be seen in the length and breadth of this land. And that is the will of the written destiny of God and that shall be. Time is to wake up, shape up and move up. May the longtime...

(Students singing, May the longtime sunshine upon you...)

YB: Oh gracious self, oh my soul the part of that Almighty God into self and action, give the strength of brightness, fearlessness and intuitive self to see through time and space to serve and love those who are in contact in touch. On the earth in the heavens and the underworld, you are give us the strength to communicate all seen and unseen, so that thy grace can be preserved and exalted in action, deed and in commitment. May thy will prevail, may the body be exalted to thy altar in ecstasy of God consciousness. Sat Nam.

Thank you very much and I hope you will have a fun, we will continue little by little to pull our self into it and we will achieve. I like to introduce you somebody who has come in this community to just stay, the only way I am trying to take this effort to communicate you that she has her own discipline, spiritual discipline. Alexandria would you just stand up and say hello. So, she has moved in, in this community just because she wanted to stay in this some spiritual community. She has her own research in community there is a something in Colorado here, they give some land and they are getting seem scene together, she was there. And number two, Sardar Balwant Singh has come from India, he is a friend of mine and he was also a police officer and security officer for all of you many may recognize his face, he was in charge of your protection in India, when we used to visit. Sardar Balwant Singh would you stand up.

Student: Bolay Sonihal.

Students: Sat Siri Akal.

YB: He is visiting us now and a young man American born and very intelligent Arvind are you there? See he has come to study us and share with us his thought and he is very fortunate to find my own son in the class today, Kulveer.

(Students are clapping)

YB: Well, these who are were the visitors. And Guru Teg have you written any poem today? Oh could you come you know why, why you want to mean to use my intuition to find your poems? Huh, huh. You are supposed to teach, trained and make perfect Hari Naam you know that?

Student: Yes sir.

YB: She is your radiances(?)?

Student: Yes sir.

YB: And why you waste your, I mean government papers stationary to write me a things, when you know that you have to do. No, no, this is not I mean about how you wrote that letter. Yeah that was in a computer paper but why you wasted a computer paper when you know it is your duty to see she is perfect.

Student: (----)

YB: Oh you are warning me you mean, you challenge my orders?

Student: There is no order.

YB: Order was that she will be chief of staff and ABC creating seem to you as a commanding officer in Albuquerque right. I am discussing it publicly correct and you will trained her to perfection. So why you wrote that letter?

Student: (----)

YB: I don't need information, I need results. Read your poem, sure you are going have been have it. Hari Naam tell him how great obedient you are.

Hari Naam: You know this book is, the intension intention of the book is to reflect our first twenty-five years of the Sikh Dharma in the west. In this and this poem form is about was in for some people we who need to be remembered and it's called today. I have a painful thought today of those who have take taken away, who had trusted trust that was betrayed to be trained by those they loved. Today I felt the pain inside, for those little ones who cried, when they were turned aside by those they loved. Today tears came to my eyes for those sweet and innocent lives, the little ones who heard lies from those they loved. Today I felt deep despair for every soft lock of hair that was cut without a care by those they loved. Today I had to reap weep for the sow sorrow that I keep for them small and sweet, betrayed by those they loved. Today I felt deep shame, that I could not ease he is the pain of them who can't remain with those they love.

YB: Clap.

(Students are clapping)

YB: Well, it's very good, isn't it? I share with you a living experience of my life, which is very painful in my memory. There was a very beautiful girl, she was very sick and frail. I took her, I natured nurtured her and I raised her and she grew up as a very young, beautiful blonde. I also participated in her marriage. I saw them both growing. And I also participated and I saw her becoming a mother and a giving birth to a daughter. I saw that daughter growing. And I did manage to help her, to send her daughter to India to study and so the life went on. One day she came and told me, that I have come in obligation because you are like my father but I want to tell you, before I met you my life was nothing but a tragedy and it was worst than a prostitute. You have given me honor and given your life but I like to go back to my life. Because I feel I am a tragedy and that's way I am. It's so shocked me, that I saw her she has been bewitched by her own mind, I asked her to reconsider of her this thoughts, meditate and get rid of them. Instead of that she went back and she first put her horizons husband to shambles. So in couple months she he came crying and she he said, "God the world has gone upsight upside down, there is a earthquake there, what should I do?" I remember in one summer solstice I talked to them both. And I never in her very intelligent cleverness she said, "Well, I agree to everything."

And I said, "No, she was you are making it up."

Next time I heard she went to India, she discharged her daughter from the school, under her own parent guidance, brought her in, divorced her husband, she had a boyfriend and one day I got a cry... I thought it's a crying crank calls call, somebody was crying and calling me names and but very abusive. Then I recognized the voice of it was that young blonde, eleven year old girl and this is what I heard. She said, "Even you who I loved and you Siri Singh Sahib, could not protect me, my mother has got me raped by the boyfriend she has. But I will curse you, I will be gone and you will never see me again. But your memory will remain in your eyes because I know you loved me and you raised me, this is America" and always that face haunts me, it is somewhere lost, gone. May be only in a subtle body but that's what the earth has now. Andand that's what neurosis has done to people.

Neurosis is nothing but a mental bewitchment in which totally man acts, totally criminal against ones own consciousness. So this Guru Teg poem has brought out many memories, which I have gone through. I was so shocked in my life once when I was in New York and mother told me, "What you have done to my daughter?"

I said, "What is wrong? She is happy, she is healthy, she has a husband, she has a good life."

She said, "Aren't you ashamed you Indian, you are teaching my daughter that she get up everyday in the bed with the same man. Don't you think life is a variety?"

I looked at that sixty-five year old woman, I said, "You really believe it.?"

She said, "What there is a deal?"

I said, "Either I am going to take away your by daughter one way or the other or you find me a man who should love enough that I can get up early in the morning, in the bed with him same day for rest of my life." Can you believe this these kind of questions? But that is United States of America. People have gone blinded their emotions, taken away from them self by their commotions and they are totally slave to their neurosis and they have forgotten, they are human. It is my single man crusade against it to remind people, they are human and they are made in by Almighty God, in His image, in His grace. I hope you all will share with me in that and we will work hard as machinerie missionaries to bring people to be healthy, happy and holy and whose birthday is this something is being distributed, you? How come you didn't tell me?

Student: (----)

YB: You and shy, hahahahahaha, have you seen any Opera singer shy?

Student: (----)

YB: Happy birthday to you...

(Students singing the birthday song)

YB: She is a woman of great determination, she havehas gone through burning healthhell so badly and she has survived, sometime you think (?)it's a inspiration to me. Isn't the life that matters, it is the courage you? Well this woman with a fortitude havehas survived well and I wish and pray that in ourher life she will achieve something to glorify the grewGuru, so with coming generation, we may always remember her, forever, forever, forever. Now bring the cookies, what do you mean by yes, Sat Nam. Oh wow, wow, something. Meanwhile this pie is being served. She is going to sing that, 'Ant naa siftee kahan naa ant.'

Student: (---)

YB: No. It's there a tape?

Students: Yes sir.

YB: Put a tape. What is that?

(Students' laughter)

YB: What happened to the tape?

Student: (---)

YB: Tape, tape, tape. How come you are not getting the tape?

Student: (---)

YB: Yeah, yeah, yeah, come on distribute there are lot of people here didn't get it.